

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

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

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

Common Measures:

Measure 1 = 28g: 1 oz
 Measure 2 = 112g: 1 serving
 Measure 3 = 112g: 4 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork

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

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 112g: 1 serving
 Measure 3 = 112g: 4 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

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

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

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

Common Measures:

Measure 1 = 28g: 1 oz
 Measure 2 = 112g: 1 serving
 Measure 3 = 112g: 4 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.44	0.370	18	A	1		83.37		
Energy.....kcal	110		0	MC	9		123		
Energy.....kj	461				9		517		
Protein.....g	17.21	0.540	18	A	1		19.28		
Total lipid (fat).....g	3.80	0.610	18	A	1		4.26		
Ash.....g	2.73	0.130	9	A	1		3.06		
Carbohydrate, by difference.....g	1.82		0	NC	4		2.04		
Fiber, total dietary.....g									
Sugars, total.....g	0.14	0.030	5	A	1		0.16		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14	4.400	9	A	1		16		
Iron, Fe.....mg	1.10	0.100	9	A	1		1.23		
Magnesium, Mg.....mg	21	1.800	9	A	1		24		
Phosphorus, P.....mg									
Potassium, K.....mg	586	27.200	9	A	1		657		
Sodium, Na.....mg	594	36.600	18	A	1		666		
Zinc, Zn.....mg	1.40	0.100	9	A	1		1.57		
Copper, Cu.....mg	0.100	0.000	9	A	1		0.112		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4	0.510	9	A	1		1.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0	0.000	9	A	1		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.160	0.220	9	A	1		1.299		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	8	A	1		0.000		
13:0.....g									
14:0.....g	0.040	0.010	9	A	1		0.045		
15:0.....g									
16:0.....g	0.720	0.150	9	A	1		0.806		
17:0.....g									
18:0.....g	0.360	0.080	9	A	1		0.403		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.450	0.290	9	A	1		1.624		
14:1.....g									
15:1.....g									

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

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

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

Common Measures:

Measure 1 = 112g: 4 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.90	0.410	15	A	1		80.53		
Energy.....kcal	119		0	MC	9		134		
Energy.....kj	499				9		559		
Protein.....g	18.20	0.710	14	A	1		20.38		
Total lipid (fat).....g	3.07	0.350	16	A	1		3.44		
Ash.....g	2.20	0.310	8	A	1		2.46		
Carbohydrate, by difference.....g	4.63		0	NC	4		5.19		
Fiber, total dietary.....g									
Sugars, total.....g	3.33	0.490	5	A	1		3.73		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	1.100	7	A	1		8		
Iron, Fe.....mg	1.00	0.100	8	A	1		1.12		
Magnesium, Mg.....mg	22	1.900	8	A	1		24		
Phosphorus, P.....mg									
Potassium, K.....mg	536	58.600	8	A	1		601		
Sodium, Na.....mg	413	89.600	15	A	1		462		
Zinc, Zn.....mg	1.50	0.100	8	A	1		1.68		
Copper, Cu.....mg	0.100	0.000	8	A	1		0.112		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.7	0.200	7	A	1		3.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0	0.000	8	A	1		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.050	0.140	8	A	1		1.176		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	7	A	1		0.000		
13:0.....g									
14:0.....g	0.040	0.010	8	A	1		0.045		
15:0.....g									
16:0.....g	0.650	0.090	8	A	1		0.728		
17:0.....g									
18:0.....g	0.340	0.040	8	A	1		0.381		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.260	0.590	7	A	1		1.411		
14:1.....g									
15:1.....g									

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

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

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

Common Measures:
Measure 1 = 112g: 4 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.95	0.730	139	A	1		40.85		
Energy.....kcal	122		0	MC	9		68		
Energy.....kj	511				9		286		
Protein.....g	16.88	0.460	727	A	1		9.45		
Total lipid (fat).....g	4.94	0.680	802	A	1		2.77		
Ash.....g	3.36	0.140	187	A	1		1.88		
Carbohydrate, by difference.....g	1.87		0	NC	4		1.05		
Fiber, total dietary.....g									
Sugars, total.....g	1.43	0.050	7	A	1		0.80		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	1.000	6	A	1		4		
Iron, Fe.....mg	0.90	0.100	6	A	1		0.50		
Magnesium, Mg.....mg	19	0.700	6	A	1		11		
Phosphorus, P.....mg									
Potassium, K.....mg	279	12.000	6	A	1		156		
Sodium, Na.....mg	1016	29.000	12	A	1		569		
Zinc, Zn.....mg	1.80	0.100	6	A	1		1.01		
Copper, Cu.....mg	0.100	0.000	6	A	1		0.056		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4	0.180	6	A	1		0.8		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0	0.000	6	A	1		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.830	0.370	6	A	1		1.025		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	5	A	1		0.000		
13:0.....g									
14:0.....g	0.070	0.010	6	A	1		0.039		
15:0.....g									
16:0.....g	1.130	0.220	6	A	1		0.633		
17:0.....g									
18:0.....g	0.610	0.130	6	A	1		0.342		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.490	0.470	6	A	1		1.394		
14:1.....g									
15:1.....g									

NDB No. 10857
HORMEL Canadian Style Bacon

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

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

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10851
HORMEL, Cure 81 Ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.25	0.840	85	A	1		62.37		
Energy.....kcal	106		0	MC	9		89		
Energy.....kj	444				9		373		
Protein.....g	18.43	0.610	326	A	1		15.48		
Total lipid (fat).....g	3.59	0.890	375	A	1		3.02		
Ash.....g	3.52	0.140	48	A	1		2.96		
Carbohydrate, by difference.....g	0.21		0	NC	4		0.18		
Fiber, total dietary.....g									
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.293	10	A	1		3		
Iron, Fe.....mg	0.80	0.064	9	A	1		0.67		
Magnesium, Mg.....mg	20	1.037	10	A	1		17		
Phosphorus, P.....mg									
Potassium, K.....mg	319	5.212	9	A	1		268		
Sodium, Na.....mg	1038	43.701	20	A	1		872		
Zinc, Zn.....mg	2.00	0.112	10	A	1		1.68		
Copper, Cu.....mg	0.100	0.020	10	A	1		0.084		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.6	0.440	10	A	1		1.3		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0	0.000	10	A	1		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.170	0.130	9	A	1		0.983		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.040	0.000	9	A	1		0.034		
15:0.....g									
16:0.....g	0.750	0.130	10	A	1		0.630		
17:0.....g									
18:0.....g	0.400	0.060	10	A	1		0.336		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.750	0.350	10	A	1		1.470		
14:1.....g									
15:1.....g									

NDB No. 10851
HORMEL, Cure 81 Ham

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

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

Common Measures:

Measure 1 = 84g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 43327

Ham, smoked or cured, low sodium, lean, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.607					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.239					4			
17:1.....g									
18:1 undifferentiated.....g	2.368					4			
20:1.....g	0.000					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.537					4			
18:2 undifferentiated.....g	0.478					4			
18:3 undifferentiated.....g	0.060					4			
18:4.....g	0.000					4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.000					4			
22:6 n-3.....g	0.000					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	53					1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

bacon drippings

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	0.25		1	A	1				
Energy.....kcal	898		0	NC	4				
Energy.....kj	3756		0	NC	4				
Protein (N x 6.25).....g	0.07		1	A	1				
Total lipid (fat).....g	99.50		1	A	1				
Ash.....g	0.16		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1				
Iron, Fe.....mg	0.13		1	A	1				
Magnesium, Mg.....mg	0		1	A	1				
Phosphorus, P.....mg	9		1	A	1				
Potassium, K.....mg	15		1	A	1				
Sodium, Na.....mg	27		1	A	1				
Zinc, Zn.....mg	0.06		1	A	1				
Copper, Cu.....mg	0.022		1	A	1				
Manganese, Mn.....mg	0.006		1	A	1				
Selenium, Se.....mcg	5.7		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.004		1	A	1				
Riboflavin.....mg	0.015		1	A	1				
Niacin.....mg	0.725		1	A	1				
Pantothenic acid.....mg	0.007		1	A	1				
Vitamin B-6.....mg	0.005		1	A	1				
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.09		1	A	1				
Vitamin A, IU.....IU	37		0	AS	1				
Vitamin A, RAE.....mcg_RAE	11		0	AS	1				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	31.991		0	NC	4				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	1.320		1	A	1				
15:0.....g	0.000		1	A	1				
16:0.....g	19.762		1	A	1				
17:0.....g	0.274		1	A	1				
18:0.....g	10.443		1	A	1				
20:0.....g	0.192		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	41.435		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:1 undifferentiated.....g	2.860		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	37.818		1	A	1				
20:1.....g	0.757		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.535		0	NC	4				
18:2 undifferentiated.....g	9.426		0	AS	1				
18:2 n-6 c,c.....g	9.426		1	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.476		1	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.442		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.191		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.000		1	A	1				
Cholesterol.....mg	97		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, cured, bacon, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.52	0.696	4	A	1		1.01	3.26	
Energy.....kcal	548		0	NC	4		44	143	
Energy.....kj	2293		0	NC	4		186	596	
Protein (N x 6.25).....g	35.73	1.597	4	A	1		2.89	9.29	
Total lipid (fat).....g	43.27	1.276	4	A	1		3.50	11.25	
Ash.....g	7.12	0.224	4	A	1		0.58	1.85	
Carbohydrate, by difference.....g	1.35		0	NC	4		0.11	0.35	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	0.398	4	A	1		1	3	
Iron, Fe.....mg	1.49	0.159	4	A	1		0.12	0.39	
Magnesium, Mg.....mg	30	1.382	4	A	1		2	8	
Phosphorus, P.....mg	506	10.897	4	A	1		41	131	
Potassium, K.....mg	539	20.807	4	A	1		44	140	
Sodium, Na.....mg	2193	73.300	4	A	1		178	570	
Zinc, Zn.....mg	3.36	0.107	4	A	1		0.27	0.87	
Copper, Cu.....mg	0.182	0.017	4	A	1		0.015	0.047	
Manganese, Mn.....mg	0.022	0.000	4	A	1		0.002	0.006	
Selenium, Se.....mcg	59.0	6.114	4	A	1		4.8	15.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.348	0.020	4	A	1		0.028	0.091	
Riboflavin.....mg	0.251	0.010	4	A	1		0.020	0.065	
Niacin.....mg	10.623	0.661	4	A	1		0.860	2.762	
Pantothenic acid.....mg	1.033	0.042	4	A	1		0.084	0.268	
Vitamin B-6.....mg	0.309	0.010	4	A	1		0.025	0.080	
Folate, total.....mcg	2		2	A	1		0	1	
Folic acid.....mcg	0		0	NR	4		0	0	
Folate, food.....mcg	2		2	A	1		0	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	
Vitamin B-12.....mcg	1.16	0.047	4	A	1		0.09	0.30	
Vitamin A, IU.....IU	37		0	AS	1		3	10	
Vitamin A, RAE.....mcg_RAE	11		0	AS	1		1	3	
Retinol.....mcg	11	0.000	4	A	1		1	3	
Vitamin E (alpha-tocopherol).....mg	0.32		8	A	1		0.03	0.08	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.07		4	A	1		0.01	0.02	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1	0.048	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	14.187		0	NC	4		1.149	3.689	
4:0.....g	0.000	0.000	4	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.010	0.010	4	A					

NDB No. 10860

Pork, cured, bacon, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	19.065		0	NC	4		1.544	4.957	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.236	0.031	4	A	1		0.100	0.321	
17:1.....g	0.061	0.035	4	A	1		0.005	0.016	
18:1 undifferentiated.....g	17.439	0.772	4	A	1		1.413	4.534	
20:1.....g	0.329	0.018	4	A	1		0.027	0.085	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.649		0	NC	4		0.377	1.209	
18:2 undifferentiated.....g	4.088		0	AS	1		0.331	1.063	
18:2 n-6 c,c.....g	4.088	0.094	4	A	1		0.331	1.063	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.210		0	AS	1		0.017	0.055	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.199	0.009	4	A	1		0.016	0.052	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.152	0.003	4	A	1		0.012	0.039	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000	0.000	4	A	1		0.000	0.000	
Cholesterol.....mg	107	1.931	4	A	1		9	28	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.299		0	A	1		0.024	0.078	
Threonine.....g	1.399		0	A	1		0.113	0.364	
Isoleucine.....g	1.676		0	A	1		0.136	0.436	
Leucine.....g	2.782		0	A	1		0.225	0.723	
Lysine.....g	2.964		0	A	1		0.240	0.771	
Methionine.....g	0.795		0	A	1		0.064	0.207	
Cystine.....g	0.397		0	A	1		0.032	0.103	
Phenylalanine.....g	1.417		0	A	1		0.115	0.369	
Tyrosine.....g	1.119		0	A	1		0.091	0.291	
Valine.....g	1.901		0	A	1		0.154	0.494	
Arginine.....g	2.314		0	A	1		0.187	0.602	
Histidine.....g	1.343		0	A	1		0.109	0.349	
Alanine.....g	2.286		0	A	1		0.185	0.594	
Aspartic acid.....g	3.362		0	A	1		0.272	0.874	
Glutamic acid.....g	5.260		0	A	1		0.426	1.368	
Glycine.....g	2.508		0	A	1		0.203	0.652	
Proline.....g	1.960		0	A	1		0.159	0.510	
Serine.....g	1.359		0	A	1		0.110	0.353	
Hydroxyproline.....g	0.628		0	A	1		0.051	0.163	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 8.1g: 1 slice cooked

Measure 2 = 26g: 1 slice raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10124

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.32	0.355	8	A	1		0.99	3.57	
Energy.....kcal	541		0	NC	4		43	157	
Energy.....kj	2262		0	NC	4		181	656	
Protein (N x 6.25).....g	37.04	0.995	8	A	1		2.96	10.74	
Total lipid (fat).....g	41.78	0.957	8	A	1		3.34	12.12	
Ash.....g	7.43	0.162	8	A	1		0.59	2.16	
Carbohydrate, by difference.....g	1.43		0	NC	4		0.11	0.41	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	0.378	8	A	1		1	3	
Iron, Fe.....mg	1.44	0.086	8	A	1		0.11	0.42	
Magnesium, Mg.....mg	33	1.331	8	A	1		3	9	
Phosphorus, P.....mg	533	11.848	8	A	1		43	155	
Potassium, K.....mg	565	14.871	8	A	1		45	164	
Sodium, Na.....mg	2310	58.310	8	A	1		185	670	
Zinc, Zn.....mg	3.50	0.086	8	A	1		0.28	1.02	
Copper, Cu.....mg	0.164	0.011	8	A	1		0.013	0.047	
Manganese, Mn.....mg	0.022	0.000	8	A	1		0.002	0.006	
Selenium, Se.....mcg	62.0	3.914	8	A	1		5.0	18.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.404	0.023	8	A	1		0.032	0.117	
Riboflavin.....mg	0.264	0.009	8	A	1		0.021	0.077	
Niacin.....mg	11.099	0.388	8	A	1		0.888	3.219	
Pantothenic acid.....mg	1.171	0.067	8	A	1		0.094	0.340	
Vitamin B-6.....mg	0.349	0.017	8	A	1		0.028	0.101	
Folate, total.....mcg	2		2	A	1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		2	A	1		0	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	
Vitamin B-12.....mcg	1.23	0.037	8	A	1		0.10	0.36	
Vitamin A, IU.....IU	37		0	AS	1		3	11	
Vitamin A, RAE.....mcg_RAE	11		0	AS	1		1	3	
Retinol.....mcg	11	0.000	8	A	1		1	3	
Vitamin E (alpha-tocopherol).....mg	0.31		12	A	1		0.02	0.09	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.07		4	A	1		0.01	0.02	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1	0.027	8	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	13.739		0	NC	4		1.099	3.984	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	8	A	1		0.000	0.000	
10:0.....g	0.005	0.005	8	A	1		0.000	0.001	
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.532	0.014	8	A	1		0.043	0.154	
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	
16:0.....g	8.732	0.307	8	A	1		0.699	2.532	
17:0.....g	0.104	0.003	8	A	1		0.008	0.030	
18:0.....g	4.287	0.130	8	A	1		0.343	1.243	
20:0.....g	0.078	0.003	8	A	1		0.006	0.023	
22:0.....g	0.000	0.000	8	A	1		0.000	0.000	
24:0.....g									

NDB No. 10124

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	18.520		0	NC	4		1.482	5.371	
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.212	0.020	8	A	1		0.097	0.352	
17:1.....g	0.073	0.022	8	A	1		0.006	0.021	
18:1 undifferentiated.....g	16.915	0.508	8	A	1		1.353	4.905	
20:1.....g	0.320	0.010	8	A	1		0.026	0.093	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.548		0	NC	4		0.364	1.319	
18:2 undifferentiated.....g	4.000		0	AS	1		0.320	1.160	
18:2 n-6 c,c.....g	4.000	0.064	8	A	1		0.320	1.160	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.200		0	AS	1		0.016	0.058	
18:3 n-6 c,c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.194	0.005	8	A	1		0.016	0.056	
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.154	0.003	8	A	1		0.012	0.045	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000	0.000	8	A	1		0.000	0.000	
Cholesterol.....mg	110	1.726	8	A	1		9	32	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.321		0	A	1		0.026	0.093	
Threonine.....g	1.501		0	A	1		0.120	0.435	
Isoleucine.....g	1.798		0	A	1		0.144	0.522	
Leucine.....g	2.985		0	A	1		0.239	0.866	
Lysine.....g	3.180		0	A	1		0.254	0.922	
Methionine.....g	0.853		0	A	1		0.068	0.247	
Cystine.....g	0.426		0	A	1		0.034	0.124	
Phenylalanine.....g	1.521		0	A	1		0.122	0.441	
Tyrosine.....g	1.200		0	A	1		0.096	0.348	
Valine.....g	2.040		0	A	1		0.163	0.592	
Arginine.....g	2.483		0	A	1		0.199	0.720	
Histidine.....g	1.441		0	A	1		0.115	0.418	
Alanine.....g	2.453		0	A	1		0.196	0.711	
Aspartic acid.....g	3.607		0	A	1		0.289	1.046	
Glutamic acid.....g	5.643		0	A	1		0.451	1.637	
Glycine.....g	2.691		0	A	1		0.215	0.780	
Proline.....g	2.103		0	A	1		0.168	0.610	
Serine.....g	1.458		0	A	1		0.117	0.423	
Hydroxyproline.....g	0.650		0	A	1		0.052	0.189	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 10124

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 8.0g: 1 slice cooked

Measure 2 = 29g: 1 slice raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.32	0.355	8	A	1		0.99	3.57	9.86
Energy.....kcal	541		0	NC	4		43	157	432
Energy.....kj	2262		0	NC	4		181	656	1809
Protein (N x 6.25).....g	37.04	0.995	8	A	1		2.96	10.74	29.63
Total lipid (fat).....g	41.78	0.957	8	A	1		3.34	12.12	33.43
Ash.....g	7.43	0.162	8	A	1		0.59	2.16	5.95
Carbohydrate, by difference.....g	1.43		0	NC	4		0.11	0.41	1.14
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	0.378	8	A	1		1	3	9
Iron, Fe.....mg	1.44	0.086	8	A	1		0.11	0.42	1.15
Magnesium, Mg.....mg	33	1.331	8	A	1		3	9	26
Phosphorus, P.....mg	533	11.848	8	A	1		43	155	427
Potassium, K.....mg	565	14.871	8	A	1		45	164	452
Sodium, Na.....mg	1030		0	BFZN	4		82	299	824
Zinc, Zn.....mg	3.50	0.086	8	A	1		0.28	1.02	2.80
Copper, Cu.....mg	0.164	0.011	8	A	1		0.013	0.047	0.131
Manganese, Mn.....mg	0.022	0.000	8	A	1		0.002	0.006	0.018
Selenium, Se.....mcg	62.0	3.914	8	A	1		5.0	18.0	49.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.404	0.023	8	A	1		0.032	0.117	0.323
Riboflavin.....mg	0.264	0.009	8	A	1		0.021	0.077	0.211
Niacin.....mg	11.099	0.388	8	A	1		0.888	3.219	8.879
Pantothenic acid.....mg	1.171	0.067	8	A	1		0.094	0.340	0.937
Vitamin B-6.....mg	0.349	0.017	8	A	1		0.028	0.101	0.279
Folate, total.....mcg	2		2	A	1		0	1	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2		2	A	1		0	1	2
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	2
Vitamin B-12.....mcg	1.23	0.037	8	A	1		0.10	0.36	0.99
Vitamin A, IU.....IU	37		0	AS	1		3	11	30
Vitamin A, RAE.....mcg_RAE	11		0	AS	1		1	3	9
Retinol.....mcg	11	0.000	8	A	1		1	3	9
Vitamin E (alpha-tocopherol).....mg	0.31		12	A	1		0.02	0.09	0.25
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.07		4	A	1		0.01	0.02	0.05
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1	0.027	8	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	13.739		0	NC	4		1.099	3.984	10.991
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
10:0.....g	0.005	0.005	8	A	1		0.000	0.001	0.004
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.532	0.014	8	A	1		0.043	0.154	0.426
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:0.....g	8.732	0.307	8	A	1		0.699	2.532	6.986
17:0.....g									

NDB No. 43378

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	18.520		0	NC	4		1.482	5.371	14.816
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	1.212	0.020	8	A	1		0.097	0.352	0.970
17:1.....g	0.073	0.022	8	A	1		0.006	0.021	0.059
18:1 undifferentiated.....g	16.915	0.508	8	A	1		1.353	4.905	13.532
20:1.....g	0.320	0.010	8	A	1		0.026	0.093	0.256
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.548		0	NC	4		0.364	1.319	3.638
18:2 undifferentiated.....g	4.000		0	AS	1		0.320	1.160	3.200
18:2 n-6 c,c.....g	4.000	0.064	8	A	1		0.320	1.160	3.200
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.200		0	AS	1		0.016	0.058	0.160
18:3 n-6 c,c,c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.194	0.005	8	A	1		0.016	0.056	0.155
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.154	0.003	8	A	1		0.012	0.045	0.123
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Cholesterol.....mg	110	1.726	8	A	1		9	32	88
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0	A	1		0.025	0.090	0.248
Threonine.....g	1.450		0	A	1		0.116	0.420	1.160
Isoleucine.....g	1.737		0	A	1		0.139	0.504	1.390
Leucine.....g	2.884		0	A	1		0.231	0.836	2.307
Lysine.....g	3.072		0	A	1		0.246	0.891	2.458
Methionine.....g	0.824		0	A	1		0.066	0.239	0.659
Cystine.....g	0.412		0	A	1		0.033	0.119	0.330
Phenylalanine.....g	1.469		0	A	1		0.118	0.426	1.175
Tyrosine.....g	1.159		0	A	1		0.093	0.336	0.927
Valine.....g	1.971		0	A	1		0.158	0.571	1.576
Arginine.....g	2.398		0	A	1		0.192	0.696	1.919
Histidine.....g	1.392		0	A	1		0.111	0.404	1.114
Alanine.....g	2.370		0	A	1		0.190	0.687	1.896
Aspartic acid.....g	3.484		0	A	1		0.279	1.010	2.787
Glutamic acid.....g	5.452		0	A	1		0.436	1.581	4.361
Glycine.....g	2.600		0	A	1		0.208	0.754	2.080
Proline.....g	2.031		0	A	1		0.162	0.589	1.625
Serine.....g	1.408		0	A	1		0.113	0.408	1.127
Hydroxyproline.....g	0.650		0	A	1		0.052	0.189	0.520
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000

NDB No. 43378

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 8.0g: 1 slice cooked

Measure 2 = 29g: 1 slice raw

Measure 3 = 80g: 1 cup pieces

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, cured, bacon, cooked, microwaved

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proximates:									
Water.....g	16.49		4	A	1		4.29	1.24	
Energy.....kcal	505		0	NC	4		131	38	
Energy.....kj	2114		0	NC	4		550	159	
Protein (N x 6.25).....g	38.62		4	A	1		10.04	2.90	
Total lipid (fat).....g	37.27		4	A	1		9.69	2.80	
Ash.....g	6.57		4	A	1		1.71	0.49	
Carbohydrate, by difference.....g	1.05		0	NC	4		0.27	0.08	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		4	A	1		3	1	
Iron, Fe.....mg	1.28		4	A	1		0.33	0.10	
Magnesium, Mg.....mg	31		4	A	1		8	2	
Phosphorus, P.....mg	480		4	A	1		125	36	
Potassium, K.....mg	498		4	A	1		129	37	
Sodium, Na.....mg	2073		4	A	1		539	155	
Zinc, Zn.....mg	3.70		4	A	1		0.96	0.28	
Copper, Cu.....mg	0.142		4	A	1		0.037	0.011	
Manganese, Mn.....mg	0.022		4	A	1		0.006	0.002	
Selenium, Se.....mcg	65.8		4	A	1		17.1	4.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.598		4	A	1		0.156	0.045	
Riboflavin.....mg	0.250		4	A	1		0.065	0.019	
Niacin.....mg	10.150		4	A	1		2.639	0.761	
Pantothenic acid.....mg	1.265		4	A	1		0.329	0.095	
Vitamin B-6.....mg	0.433		4	A	1		0.112	0.032	
Folate, total.....mcg	2	0.250	6	A	1		0	0	
Folic acid.....mcg	0		0	NR	4		0	0	
Folate, food.....mcg	2	0.250	6	A	1		0	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	0	
Vitamin B-12.....mcg	1.58		4	A	1		0.41	0.12	
Vitamin A, IU.....IU	37		0	AS	1		10	3	
Vitamin A, RAE.....mcg_RAE	11		0	AS	1		3	1	
Retinol.....mcg	11		4	A	1		3	1	
Vitamin E (alpha-tocopherol).....mg	0.31	0.020	6	A	1		0.08	0.02	
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.07	0.000	6	A	1		0.02	0.01	
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	12.102		0	NC	4		3.146	0.908	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		4	A	1		0.000	0.000	
10:0.....g	0.010		4	A	1		0.002	0.001	
12:0.....g	0.000		4	A	1		0.000		

NDB No. 10861

Pork, cured, bacon, cooked, microwaved

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	16.336		0	NC	4		4.247	1.225	
14:1.....g	0.000		4	A	1		0.000	0.000	
15:1.....g	0.000		4	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.141		4	A	1		0.297	0.086	
17:1.....g	0.025		4	A	1		0.006	0.002	
18:1 undifferentiated.....g	14.876		4	A	1		3.868	1.116	
20:1.....g	0.294		4	A	1		0.077	0.022	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.194		0	NC	4		1.091	0.315	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:2 n-6 c,c.....g	3.675		4	A	1		0.956	0.276	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.178		0	AS	1		0.046	0.013	
18:3 n-6 c,c,c.....g	0.000		4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.182		4	A	1		0.047	0.014	
20:3 undifferentiated.....g	0.000		4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.160		4	A	1		0.041	0.012	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		4	A	1		0.000	0.000	
Cholesterol.....mg	117		4	A	1		30	9	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.323		0	A	1		0.084	0.024	
Threonine.....g	1.512		0	A	1		0.393	0.113	
Isoleucine.....g	1.812		0	A	1		0.471	0.136	
Leucine.....g	3.008		0	A	1		0.782	0.226	
Lysine.....g	3.204		0	A	1		0.833	0.240	
Methionine.....g	0.859		0	A	1		0.223	0.064	
Cystine.....g	0.430		0	A	1		0.112	0.032	
Phenylalanine.....g	1.532		0	A	1		0.398	0.115	
Tyrosine.....g	1.209		0	A	1		0.314	0.091	
Valine.....g	2.055		0	A	1		0.534	0.154	
Arginine.....g	2.501		0	A	1		0.650	0.188	
Histidine.....g	1.452		0	A	1		0.378	0.109	
Alanine.....g	2.471		0	A	1		0.643	0.185	
Aspartic acid.....g	3.634		0	A	1		0.945	0.273	
Glutamic acid.....g	5.685		0	A	1		1.478	0.426	
Glycine.....g	2.711		0	A	1		0.705	0.203	
Proline.....g	2.118		0	A	1		0.551	0.159	
Serine.....g	1.469		0	A	1		0.382	0.110	
Hydroxyproline.....g	0.678		0	A	1		0.176	0.051	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 26g: 1 slice raw

Measure 2 = 7.5g: 1 slice cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, cured, bacon, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.12	0.277	4	A	1		0.96	3.15	
Energy.....kcal	533		0	NC	4		42	139	
Energy.....kj	2230		0	NC	4		176	580	
Protein (N x 6.25).....g	38.34	0.967	4	A	1		3.03	9.97	
Total lipid (fat).....g	40.30	1.082	4	A	1		3.18	10.48	
Ash.....g	7.74	0.099	4	A	1		0.61	2.01	
Carbohydrate, by difference.....g	1.50		0	NC	4		0.12	0.39	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	0.126	4	A	1		1	3	
Iron, Fe.....mg	1.38	0.087	4	A	1		0.11	0.36	
Magnesium, Mg.....mg	36	0.923	4	A	1		3	9	
Phosphorus, P.....mg	561	4.796	4	A	1		44	146	
Potassium, K.....mg	591	12.183	4	A	1		47	154	
Sodium, Na.....mg	2428	35.911	4	A	1		192	631	
Zinc, Zn.....mg	3.64	0.098	4	A	1		0.29	0.95	
Copper, Cu.....mg	0.146	0.004	4	A	1		0.012	0.038	
Manganese, Mn.....mg	0.022	0.000	4	A	1		0.002	0.006	
Selenium, Se.....mcg	65.0	5.303	4	A	1		5.1	16.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.459	0.011	4	A	1		0.036	0.119	
Riboflavin.....mg	0.277	0.014	4	A	1		0.022	0.072	
Niacin.....mg	11.575	0.340	4	A	1		0.914	3.010	
Pantothenic acid.....mg	1.310	0.078	4	A	1		0.103	0.341	
Vitamin B-6.....mg	0.389	0.016	4	A	1		0.031	0.101	
Folate, total.....mcg	2		2	A	1		0	1	
Folic acid.....mcg	0		0	NR	4		0	0	
Folate, food.....mcg	2		2	A	1		0	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	
Vitamin B-12.....mcg	1.30	0.029	4	A	1		0.10	0.34	
Vitamin A, IU.....IU	37		0	AS	1		3	10	
Vitamin A, RAE.....mcg_RAE	11		0	AS	1		1	3	
Retinol.....mcg	11	0.000	4	A	1		1	3	
Vitamin E (alpha-tocopherol).....mg	0.30		4	A	1		0.02	0.08	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.07		4	A	1		0.01	0.02	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.025	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	13.291		0	NC	4		1.050	3.456	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1				

NDB No. 10862

Pork, cured, bacon, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	17.976		0	NC	4		1.420	4.674	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.188	0.020	4	A	1		0.094	0.309	
17:1.....g	0.086	0.029	4	A	1		0.007	0.022	
18:1 undifferentiated.....g	16.391	0.653	4	A	1		1.295	4.262	
20:1.....g	0.312	0.009	4	A	1		0.025	0.081	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.447		0	NC	4		0.351	1.156	
18:2 undifferentiated.....g	3.912		0	AS	1		0.309	1.017	
18:2 n-6 c,c.....g	3.912	0.071	4	A	1		0.309	1.017	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.189		0	AS	1		0.015	0.049	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.189	0.005	4	A	1		0.015	0.049	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.156	0.004	4	A	1		0.012	0.041	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000	0.000	4	A	1		0.000	0.000	
Cholesterol.....mg	113	1.915	4	A	1		9	29	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.321		0	A	1		0.025	0.083	
Threonine.....g	1.501		0	A	1		0.119	0.390	
Isoleucine.....g	1.798		0	A	1		0.142	0.468	
Leucine.....g	2.985		0	A	1		0.236	0.776	
Lysine.....g	3.180		0	A	1		0.251	0.827	
Methionine.....g	0.853		0	A	1		0.067	0.222	
Cystine.....g	0.426		0	A	1		0.034	0.111	
Phenylalanine.....g	1.521		0	A	1		0.120	0.395	
Tyrosine.....g	1.200		0	A	1		0.095	0.312	
Valine.....g	2.040		0	A	1		0.161	0.530	
Arginine.....g	2.483		0	A	1		0.196	0.646	
Histidine.....g	1.441		0	A	1		0.114	0.375	
Alanine.....g	2.453		0	A	1		0.194	0.638	
Aspartic acid.....g	3.607		0	A	1		0.285	0.938	
Glutamic acid.....g	5.643		0	A	1		0.446	1.467	
Glycine.....g	2.691		0	A	1		0.213	0.700	
Proline.....g	2.103		0	A	1		0.166	0.547	
Serine.....g	1.458		0	A	1		0.115	0.379	
Hydroxyproline.....g	0.673		0	A	1		0.053	0.175	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 10862

Pork, cured, bacon, cooked, pan-fried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 7.9g: 1 slice cooked

Measure 2 = 26g: 1 slice raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10123
Pork, cured, bacon, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Proximates:									
Water.....g	40.20	0.795	4	A	1		15.28	27.34	
Energy.....kcal	458		0	NC	4		174	312	
Energy.....kj	1918		0	NC	4		729	1304	
Protein (N x 6.25).....g	11.60	0.496	4	A	1		4.41	7.89	
Total lipid (fat).....g	45.04	1.317	4	A	1		17.11	30.63	
Ash.....g	2.51	0.057	4	A	1		0.95	1.71	
Carbohydrate, by difference.....g	0.66		0	NC	4		0.25	0.45	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	1.318	4	A	1		2	4	
Iron, Fe.....mg	0.48	0.016	4	A	1		0.18	0.33	
Magnesium, Mg.....mg	12	0.578	4	A	1		4	8	
Phosphorus, P.....mg	188	2.598	4	A	1		71	128	
Potassium, K.....mg	208	9.086	4	A	1		79	141	
Sodium, Na.....mg	833	9.708	4	A	1		316	566	
Zinc, Zn.....mg	1.17	0.060	4	A	1		0.44	0.79	
Copper, Cu.....mg	0.070	0.011	4	A	1		0.027	0.048	
Manganese, Mn.....mg	0.022	0.000	4	A	1		0.008	0.015	
Selenium, Se.....mcg	20.2	1.805	4	A	1		7.7	13.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.281	0.017	4	A	1		0.107	0.191	
Riboflavin.....mg	0.113	0.005	4	A	1		0.043	0.077	
Niacin.....mg	3.828	0.079	4	A	1		1.454	2.603	
Pantothenic acid.....mg	0.520	0.050	4	A	1		0.198	0.354	
Vitamin B-6.....mg	0.210	0.016	4	A	1		0.080	0.143	
Folate, total.....mcg	2		4	A	1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		4	A	1		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12.....mcg	0.69	0.008	4	A	1		0.26	0.47	
Vitamin A, IU.....IU	37		0	AS	1		14	25	
Vitamin A, RAE.....mcg_RAE	11		0	AS	1		4	8	
Retinol.....mcg	11	0.000	4	A	1		4	8	
Vitamin E (alpha-tocopherol).....mg	0.27		8	A	1		0.10	0.19	
Tocopherol, beta.....mg	0.02		4	A	1		0.01	0.01	
Tocopherol, gamma.....mg	0.08		6	A	1		0.03	0.06	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	14.993		0	NC	4		5.697	10.195	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.010	0.010	4	A	1		0.004	0.007	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.573	0.019	4	A	1		0.218	0.390	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	9.610	0.384	4	A	1		3.652	6.535	
17:0.....g	0.114	0.003	4	A	1		0.043	0.078	
18:0.....g	4.601	0.118	4	A	1		1.748	3.129	
20:0.....g	0.085	0.002	4	A	1		0.032	0.058	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g									

NDB No. 10123
Pork, cured, bacon, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	20.047		0	NC	4		7.618	13.632	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.279	0.023	4	A	1		0.486	0.869	
17:1.....g	0.095	0.032	4	A	1		0.036	0.065	
18:1 undifferentiated.....g	18.334	0.677	4	A	1		6.967	12.467	
20:1.....g	0.340	0.010	4	A	1		0.129	0.231	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.821		0	NC	4		1.832	3.278	
18:2 undifferentiated.....g	4.292		0	AS	1		1.631	2.918	
18:2 n-6 c,c.....g	4.292	0.015	4	A	1		1.631	2.918	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.213		0	AS	1		0.081	0.145	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.205	0.003	4	A	1		0.078	0.139	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.112	0.001	4	A	1		0.042	0.076	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000	0.000	4	A	1		0.000	0.000	
Cholesterol.....mg	68	1.310	4	A	1		26	46	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0	A	1		0.037	0.066	
Threonine.....g	0.454		0	A	1		0.173	0.309	
Isoleucine.....g	0.544		0	A	1		0.207	0.370	
Leucine.....g	0.903		0	A	1		0.343	0.614	
Lysine.....g	0.962		0	A	1		0.366	0.654	
Methionine.....g	0.258		0	A	1		0.098	0.175	
Cystine.....g	0.129		0	A	1		0.049	0.088	
Phenylalanine.....g	0.460		0	A	1		0.175	0.313	
Tyrosine.....g	0.363		0	A	1		0.138	0.247	
Valine.....g	0.617		0	A	1		0.234	0.420	
Arginine.....g	0.751		0	A	1		0.285	0.511	
Histidine.....g	0.436		0	A	1		0.166	0.296	
Alanine.....g	0.742		0	A	1		0.282	0.505	
Aspartic acid.....g	1.091		0	A	1		0.415	0.742	
Glutamic acid.....g	1.707		0	A	1		0.649	1.161	
Glycine.....g	0.814		0	A	1		0.309	0.554	
Proline.....g	0.636		0	A	1		0.242	0.432	
Serine.....g	0.441		0	A	1		0.168	0.300	
Hydroxyproline.....g	0.190		1	A	1		0.072	0.129	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 10123
Pork, cured, bacon, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10129

Pork, cured, breakfast strips, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.400		0		1		27.880	5.576	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.670	0.163	4		1		2.839	0.568	
17:1.....g									
18:1 undifferentiated.....g	14.730	0.902	4		1		25.041	5.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.650		0		1		9.605	1.921	
18:2 undifferentiated.....g	4.860	0.608	4		1		8.262	1.652	
18:3 undifferentiated.....g	0.790	0.157	4		1		1.343	0.269	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	105	4.245	4		1		179	36	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.278		0		1		0.473	0.095	
Threonine.....g	1.112		0		1		1.890	0.378	
Isoleucine.....g	1.177		0		1		2.001	0.400	
Leucine.....g	2.015		0		1		3.426	0.685	
Lysine.....g	2.149		0		1		3.653	0.731	
Methionine.....g	0.639		0		1		1.086	0.217	
Cystine.....g	0.296		0		1		0.503	0.101	
Phenylalanine.....g	1.116		0		1		1.897	0.379	
Tyrosine.....g	0.843		0		1		1.433	0.287	
Valine.....g	1.394		0		1		2.370	0.474	
Arginine.....g	1.769		0		1		3.007	0.601	
Histidine.....g	0.834		0		1		1.418	0.284	
Alanine.....g	1.621		0		1		2.756	0.551	
Aspartic acid.....g	2.390		0		1		4.063	0.813	
Glutamic acid.....g	3.974		0		1		6.756	1.351	
Glycine.....g	2.071		0		1		3.521	0.704	
Proline.....g	1.538		0		1		2.615	0.523	
Serine.....g	1.089		0		1		1.851	0.370	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

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

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Common Measures:

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

Measure 2 = 68g: 3 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, cured, canadian-style bacon, grilled

Refuse: 0%

[illegible]

NDB No. 10131

Pork, cured, canadian-style bacon, grilled

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

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Common Measures:

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

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

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.93	0.725	28		1		113.78	38.15	
Energy.....kcal	157		0	NC	4		267	89	
Energy.....kj	657				4		1117	374	
Protein (N x 6.25).....g	20.64	0.496	27		1		35.09	11.76	
Total lipid (fat).....g	6.97	0.578	14		1		11.85	3.97	
Ash.....g	3.79	0.285	14		1		6.44	2.16	
Carbohydrate, by difference.....g	1.68		0	NC	4		2.86	0.96	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.864	11		1		14	5	
Iron, Fe.....mg	0.68	0.080	15		1		1.16	0.39	
Magnesium, Mg.....mg	17	0.712	13		1		29	10	
Phosphorus, P.....mg	243	8.243	33		1		413	139	
Potassium, K.....mg	344	16.441	14		1		585	196	
Sodium, Na.....mg	1409	104.412	13		1		2395	803	
Zinc, Zn.....mg	1.39	0.134	10		1		2.36	0.79	
Copper, Cu.....mg	0.045	0.012	10		1		0.077	0.026	
Manganese, Mn.....mg	0.023	0.001	4		1		0.039	0.013	
Selenium, Se.....mcg	25.0		2	A	1		42.5	14.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.751	0.036	14		1		1.277	0.428	
Riboflavin.....mg	0.172	0.008	18		1		0.292	0.098	
Niacin.....mg	6.231	0.316	14		1		10.593	3.552	
Pantothenic acid.....mg	0.520	0.120	4		1		0.884	0.296	
Vitamin B-6.....mg	0.390	0.034	15		1		0.663	0.222	
Folate, total.....mcg	4		0		1		7	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		7	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		7	2	
Vitamin B-12.....mcg	0.67	0.066	10		1		1.14	0.38	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.21		0	BFSN	4		0.36	0.12	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.220		0		1		3.774	1.265	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.020	0.008	10		1		0.034	0.011	
12:0.....g	0.020	0.007	10		1		0.034	0.011	
13:0.....g									
14:0.....g	0.100	0.008	10		1		0.170	0.057	
15:0.....g									
16:0.....g	1.400	0.115	10		1		2.380	0.798	
17:0.....g									
18:0.....g	0.680	0.059	10		1		1.156	0.388	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10130

Pork, cured, canadian-style bacon, unheated

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

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Common Measures:

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

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

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 66% Bone and hard tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.62		1		1		19.45	311.26	
Energy.....kcal	203		0	NC	4		58	921	
Energy.....kj	849				4		241	3853	
Protein (N x 6.25).....g	13.52		1		1		3.83	61.33	
Total lipid (fat).....g	16.14		1		1		4.58	73.21	
Ash.....g	1.70		1		1		0.48	7.71	
Carbohydrate, by difference.....g	0.02		0	NC	4		0.01	0.09	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.30		0	FLA	4		0.08	1.34	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0		1		9	145	
Iron, Fe.....mg	0.62		0		4		0.18	2.81	
Magnesium, Mg.....mg	4		0		1		1	18	
Phosphorus, P.....mg	34		0		1		10	154	
Potassium, K.....mg	235		0		4		67	1066	
Sodium, Na.....mg	923		0		4		262	4187	
Zinc, Zn.....mg	1.24		0		4		0.35	5.62	
Copper, Cu.....mg	0.050		0		4		0.014	0.227	
Manganese, Mn.....mg	0.017		0		4		0.005	0.077	
Selenium, Se.....mcg	7.7		0	BFYN	4		2.2	34.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.007		0		1		0.002	0.032	
Riboflavin.....mg	0.042		0		1		0.012	0.191	
Niacin.....mg	0.366		0		1		0.104	1.660	
Pantothenic acid.....mg	0.314		0		4		0.089	1.424	
Vitamin B-6.....mg	0.380		0		4		0.108	1.724	
Folate, total.....mcg	4		0		4		1	18	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	4		0		4		1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12.....mcg	0.62		0		4		0.18	2.81	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.01	0.08	
Tocopherol, beta.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	5.570		0	NC	4		1.579	25.266	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.017		0	FLA	4		0.005	0.078	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.240		0	FLA	4		0.068	1.090	
15:0.....g	0.000		0	FLA	4		0.000	0.000	
16:0.....g	3.844		0	FLA	4		1.090	17.438	
17:0.....g	0.034		0	FLA	4		0.010	0.156	
18:0.....g	1.412		0	FLA	4		0.400	6.405	
20:0.....g	0.022		0	FLA	4		0.006	0.099	
22:0.....g	0.000		0	FLA	4		0.000	0.000	
24:0.....g									

NDB No. 10132
Pork, cured, feet, pickled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	7.570		0	NC	4		2.146	34.338	
14:1.....g	0.000		0	FLA	4		0.000	0.000	
15:1.....g	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated.....g	0.593		0	FLA	4		0.168	2.692	
17:1.....g									
18:1 undifferentiated.....g	6.839		0	FLA	4		1.939	31.023	
20:1.....g	0.137		0	FLA	4		0.039	0.622	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.681		0	NC	4		0.477	7.625	
18:2 undifferentiated.....g	1.490		0	FLA	4		0.423	6.760	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.087		0	FLA	4		0.025	0.393	
20:3 undifferentiated.....g	0.019		0	FLA	4		0.005	0.087	
20:4 undifferentiated.....g	0.085		0	FLA	4		0.024	0.385	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0	FLA	4		23	362	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		0		1		0.008	0.122	
Threonine.....g	0.365		0		1		0.103	1.656	
Isoleucine.....g	0.230		0		1		0.065	1.043	
Leucine.....g	0.595		0		1		0.169	2.699	
Lysine.....g	0.582		0		1		0.165	2.640	
Methionine.....g	0.149		0		1		0.042	0.676	
Cystine.....g	0.119		0		4		0.034	0.540	
Phenylalanine.....g	0.392		0		1		0.111	1.778	
Tyrosine.....g	0.216		0		1		0.061	0.980	
Valine.....g	0.338		0		1		0.096	1.533	
Arginine.....g	1.014		0		1		0.287	4.600	
Histidine.....g	0.149		0		1		0.042	0.676	
Alanine.....g	1.108		0		1		0.314	5.026	
Aspartic acid.....g	0.973		0		1		0.276	4.414	
Glutamic acid.....g	1.487		0		1		0.422	6.745	
Glycine.....g	2.366		0		1		0.671	10.732	
Proline.....g	1.419		0		1		0.402	6.437	
Serine.....g	0.541		0		1		0.153	2.454	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10132
Pork, cured, feet, pickled

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10134

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

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

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Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10134

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10183

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

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

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Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10182

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

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

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28g: 1 slice (6-1/4" x 4" x 1/16") (1 oz)

NDB No. 10182
Pork, cured, ham, boneless, extra lean and regular, unheated

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10136

Pork, cured, ham, boneless, regular (approximately 11% fat), roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.440		0		1		6.216	3.774	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450	0.057	3		1		0.630	0.383	
17:1.....g									
18:1 undifferentiated.....g	4.000	0.234	3		1		5.600	3.400	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0		1		1.974	1.199	
18:2 undifferentiated.....g	1.170	0.076	3		1		1.638	0.995	
18:3 undifferentiated.....g	0.240	0.082	3		1		0.336	0.204	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59	3.383	3		1		83	50	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.238		2		1		0.333	0.202	
Threonine.....g	0.882		10		1		1.235	0.750	
Isoleucine.....g	0.870		10		1		1.218	0.740	
Leucine.....g	1.574		10		1		2.204	1.338	
Lysine.....g	1.682		10		1		2.355	1.430	
Methionine.....g	0.524		10		1		0.734	0.445	
Cystine.....g	0.298		2		1		0.417	0.253	
Phenylalanine.....g	0.857		10		1		1.200	0.728	
Tyrosine.....g	0.651		10		1		0.911	0.553	
Valine.....g	0.860		10		1		1.204	0.731	
Arginine.....g	1.289		10		1		1.805	1.096	
Histidine.....g	0.711		10		1		0.995	0.604	
Alanine.....g	1.171		10		1		1.639	0.995	
Aspartic acid.....g	1.879		10		1		2.631	1.597	
Glutamic acid.....g	3.234		10		1		4.528	2.749	
Glycine.....g	1.032		10		1		1.445	0.877	
Proline.....g	0.847		10		1		1.186	0.720	
Serine.....g	0.813		10		1		1.138	0.691	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10136

Pork, cured, ham, boneless, regular (approximately 11% fat), roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10141

Pork, cured, ham, center slice, country-style, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.821		0		1		1.083	4.318	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		0		1		0.091	0.362	
17:1.....g									
18:1 undifferentiated.....g	3.501		0		1		0.993	3.956	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.970		0		1		0.275	1.096	
18:2 undifferentiated.....g	0.770		0		1		0.218	0.870	
18:3 undifferentiated.....g	0.090		0		1		0.026	0.102	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.031	0.124	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		4		20	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.334		0		1		0.095	0.377	
Threonine.....g	1.237		0		1		0.351	1.398	
Isoleucine.....g	1.219		0		1		0.346	1.377	
Leucine.....g	2.206		0		1		0.625	2.493	
Lysine.....g	2.357		0		1		0.668	2.663	
Methionine.....g	0.734		0		1		0.208	0.829	
Cystine.....g	0.418		0		1		0.119	0.472	
Phenylalanine.....g	1.201		0		1		0.340	1.357	
Tyrosine.....g	0.912		0		1		0.259	1.031	
Valine.....g	1.205		0		1		0.342	1.362	
Arginine.....g	1.806		0		1		0.512	2.041	
Histidine.....g	0.996		0		1		0.282	1.125	
Alanine.....g	1.641		0		1		0.465	1.854	
Aspartic acid.....g	2.633		0		1		0.746	2.975	
Glutamic acid.....g	4.532		0		1		1.285	5.121	
Glycine.....g	1.446		0		1		0.410	1.634	
Proline.....g	1.188		0		1		0.337	1.342	
Serine.....g	1.139		0		1		0.323	1.287	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 10141
Pork, cured, ham, center slice, country-style, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10142

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.092		0		1		1.727	6.884	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0		1		0.119	0.475	
17:1.....g									
18:1 undifferentiated.....g	5.612		0		1		1.591	6.342	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.411		0		1		0.400	1.594	
18:2 undifferentiated.....g	0.780		0		1		0.221	0.881	
18:3 undifferentiated.....g	0.140		0		1		0.040	0.158	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.023	0.090	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0		1		15	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.242		0		1		0.069	0.273	
Threonine.....g	0.897		0		1		0.254	1.014	
Isoleucine.....g	0.884		0		1		0.251	0.999	
Leucine.....g	1.601		0		1		0.454	1.809	
Lysine.....g	1.710		0		1		0.485	1.932	
Methionine.....g	0.532		0		1		0.151	0.601	
Cystine.....g	0.303		0		1		0.086	0.342	
Phenylalanine.....g	0.871		0		1		0.247	0.984	
Tyrosine.....g	0.662		0		1		0.188	0.748	
Valine.....g	0.875		0		1		0.248	0.989	
Arginine.....g	1.310		0		1		0.371	1.480	
Histidine.....g	0.723		0		1		0.205	0.817	
Alanine.....g	1.191		0		1		0.338	1.346	
Aspartic acid.....g	1.910		0		1		0.541	2.158	
Glutamic acid.....g	3.289		0		1		0.932	3.717	
Glycine.....g	1.049		0		1		0.297	1.185	
Proline.....g	0.862		0		1		0.244	0.974	
Serine.....g	0.826		0		1		0.234	0.933	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10138

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.490		0		1		3.486	2.117	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		2		1		0.266	0.162	
17:1.....g									
18:1 undifferentiated.....g	2.300		2		1		3.220	1.955	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0		1		0.616	0.374	
18:2 undifferentiated.....g	0.390		2		1		0.546	0.332	
18:3 undifferentiated.....g	0.050		2		1		0.070	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	30		2		1		42	26	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.240		0		1		0.336	0.204	
Threonine.....g	0.944		0		1		1.322	0.802	
Isoleucine.....g	0.911		0		1		1.275	0.774	
Leucine.....g	1.645		0		1		2.303	1.398	
Lysine.....g	1.818		0		1		2.545	1.545	
Methionine.....g	0.552		0		1		0.773	0.469	
Cystine.....g	0.250		0		1		0.350	0.213	
Phenylalanine.....g	0.816		0		1		1.142	0.694	
Tyrosine.....g	0.694		0		1		0.972	0.590	
Valine.....g	0.948		0		1		1.327	0.806	
Arginine.....g	1.310		0		1		1.834	1.114	
Histidine.....g	0.836		0		1		1.170	0.711	
Alanine.....g	1.208		0		1		1.691	1.027	
Aspartic acid.....g	1.953		0		1		2.734	1.660	
Glutamic acid.....g	3.124		0		1		4.374	2.655	
Glycine.....g	1.036		0		1		1.450	0.881	
Proline.....g	0.900		0		1		1.260	0.765	
Serine.....g	0.823		0		1		1.152	0.700	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10137

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.210		0		1		3.094	0.627	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170	0.019	4		1		0.238	0.048	
17:1.....g									
18:1 undifferentiated.....g	2.040	0.120	4		1		2.856	0.578	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.390		0		1		0.546	0.111	
18:2 undifferentiated.....g	0.360	0.018	4		1		0.504	0.102	
18:3 undifferentiated.....g	0.030	0.007	4		1		0.042	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	38		2		1		53	11	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.210		2		1		0.294	0.060	
Threonine.....g	0.826		2		1		1.156	0.234	
Isoleucine.....g	0.796		2		1		1.114	0.226	
Leucine.....g	1.438		2		1		2.013	0.408	
Lysine.....g	1.589		2		1		2.225	0.450	
Methionine.....g	0.482		2		1		0.675	0.137	
Cystine.....g	0.219		2		1		0.307	0.062	
Phenylalanine.....g	0.713		2		1		0.998	0.202	
Tyrosine.....g	0.607		2		1		0.850	0.172	
Valine.....g	0.829		2		1		1.161	0.235	
Arginine.....g	1.145		2		1		1.603	0.325	
Histidine.....g	0.731		2		1		1.023	0.207	
Alanine.....g	1.056		2		1		1.478	0.299	
Aspartic acid.....g	1.707		2		1		2.390	0.484	
Glutamic acid.....g	2.731		2		1		3.823	0.774	
Glycine.....g	0.905		2		1		1.267	0.257	
Proline.....g	0.787		2		1		1.102	0.223	
Serine.....g	0.719		2		1		1.007	0.204	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 10137

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10185

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.060		0		1		5.684	3.451	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280	0.027	6		1		0.392	0.238	
17:1.....g									
18:1 undifferentiated.....g	3.780	0.384	6		1		5.292	3.213	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0		1		1.260	0.765	
18:2 undifferentiated.....g	0.810	0.098	6		1		1.134	0.689	
18:3 undifferentiated.....g	0.090	0.024	6		1		0.126	0.077	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	41	4.680	6		1		57	35	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.237		0		1		0.332	0.201	
Threonine.....g	0.934		0		1		1.308	0.794	
Isoleucine.....g	0.901		0		1		1.261	0.766	
Leucine.....g	1.628		0		1		2.279	1.384	
Lysine.....g	1.799		0		1		2.519	1.529	
Methionine.....g	0.546		0		1		0.764	0.464	
Cystine.....g	0.247		0		1		0.346	0.210	
Phenylalanine.....g	0.807		0		1		1.130	0.686	
Tyrosine.....g	0.686		0		1		0.960	0.583	
Valine.....g	0.938		0		1		1.313	0.797	
Arginine.....g	1.296		0		1		1.814	1.102	
Histidine.....g	0.827		0		1		1.158	0.703	
Alanine.....g	1.195		0		1		1.673	1.016	
Aspartic acid.....g	1.933		0		1		2.706	1.643	
Glutamic acid.....g	3.092		0		1		4.329	2.628	
Glycine.....g	1.025		0		1		1.435	0.871	
Proline.....g	0.891		0		1		1.247	0.757	
Serine.....g	0.814		0		1		1.140	0.692	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10185

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10184

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.570		0		1		4.998	1.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290	0.039	8		1		0.406	0.082	
17:1.....g									
18:1 undifferentiated.....g	3.280	0.179	8		1		4.592	0.930	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		1.064	0.215	
18:2 undifferentiated.....g	0.680	0.053	8		1		0.952	0.193	
18:3 undifferentiated.....g	0.080	0.012	8		1		0.112	0.023	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	38	3.689	5		1		53	11	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.204		2		1		0.286	0.058	
Threonine.....g	0.802		2		1		1.123	0.227	
Isoleucine.....g	0.773		2		1		1.082	0.219	
Leucine.....g	1.397		2		1		1.956	0.396	
Lysine.....g	1.543		2		1		2.160	0.437	
Methionine.....g	0.468		2		1		0.655	0.133	
Cystine.....g	0.212		2		1		0.297	0.060	
Phenylalanine.....g	0.693		2		1		0.970	0.196	
Tyrosine.....g	0.589		2		1		0.825	0.167	
Valine.....g	0.805		2		1		1.127	0.228	
Arginine.....g	1.112		2		1		1.557	0.315	
Histidine.....g	0.710		2		1		0.994	0.201	
Alanine.....g	1.026		2		1		1.436	0.291	
Aspartic acid.....g	1.658		2		1		2.321	0.470	
Glutamic acid.....g	2.653		2		1		3.714	0.752	
Glycine.....g	0.879		2		1		1.231	0.249	
Proline.....g	0.764		2		1		1.070	0.217	
Serine.....g	0.698		2		1		0.977	0.198	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 10184
Pork, cured, ham, extra lean and regular, canned, unheated

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, cured, ham, low sodium, cooked, ns as to fat

	<u>Amount in 100 grams of edible portion</u>		<u>Amount in edible portion of common measures of food</u>			
Nutrients and Units	Mean	Std. Error	Number of Data Deriv Source Confidence Points Code Code Code	Measure 1	Measure 2	Measure 3
Proximates:						
Water.....g	65 .80			1		18 .65
Energy.....kcal	165			1		47
Energy.....kj	690			1		196
Protein.....g	22 .00			1		6 .24
Total lipid (fat).....g	7 .70			1		2 .18
Ash.....g	4 .00		0 NC	4		1 .13
Carbohydrate, by difference.....g	0 .50			NC 4		0 .14
Fiber, total dietary.....g	0 .0			7		0 .0
Sugars, total.....g	0 .00		0 Z	7		0 .00
Starch.....g						
Minerals:						
Calcium, Ca.....mg	8			1		2
Iron, Fe.....mg	1 .40			1		0 .40
Magnesium, Mg.....mg	19			1		5
Phosphorus, P.....mg	248			1		70
Potassium, K.....mg	362			1		103
Sodium, Na.....mg	969			1		275
Zinc, Zn.....mg	2 .63			1		0 .75
Copper, Cu.....mg	0 .119			1		0 .034
Manganese, Mn.....mg						
Selenium, Se.....mcg	19 .5		0 BFZN	4		5 .5
Vitamins:						
Vitamin C, total ascorbic acid.....mg	0 .0		0	7		0 .0
Thiamin.....mg	0 .740			1		0 .210
Riboflavin.....mg	0 .280			1		0 .079
Niacin.....mg	5 .320			1		1 .508
Pantothenic acid.....mg						
Vitamin B-6.....mg	0 .350			1		0 .099
Folate, total.....mcg	3			1		1
Folic acid.....mcg	0		0 Z	7		0
Folate, food.....mcg	3			1		1
Folate, DFE.....mcg_DFE	3		0 NC	4		1
Vitamin B-12.....mcg	0 .68			1		0 .19
Vitamin A, IU.....IU	0			1		0
Vitamin A, RAE.....mcg_RAE	0		0 NC	4		0
Retinol.....mcg	0		0 NR	4		0
Vitamin E (alpha-tocopherol).....mg	0 .28		0 BFSN	4		0 .08
Tocopherol, beta.....mg						
Tocopherol, gamma.....mg						
Tocopherol, delta.....mg						
Vitamin D.....IU						
Vitamin K (phylloquinone).....mcg	0 .0		0 BFSN	4		0 .0
Lipids:						
Fatty acids, total saturated.....g	2 .624			4		0 .744
4:0.....g	0 .000			4		0 .000
6:0.....g	0 .000			4		0 .000
8:0.....g	0 .000			4		0 .000
10:0.....g	0 .030			4		0 .009
12:0.....g	0 .020			4		0 .006
13:0.....g						
14:0.....g	0 .131			4		0 .037
15:0.....g						
16:0.....g	1 .578			4		0 .447
17:0.....g						
18:0.....g	0 .865			4		0 .245
20:0.....g						
22:0.....g						
24:0.....g						

NDB No. 43325

Pork, cured, ham, low sodium, cooked, ns as to fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.760				4			1.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.372				4			0.105	
17:1.....g									
18:1 undifferentiated.....g	3.388				4			0.960	
20:1.....g	0.000				4			0.000	
22:1 undifferentiated.....g	0.000				4			0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.076				4			0.305	
18:2 undifferentiated.....g	0.905				4			0.257	
18:3 undifferentiated.....g	0.171				4			0.048	
18:4.....g	0.000				4			0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4			0.000	
20:5 n-3.....g	0.000				4			0.000	
22:5 n-3.....g	0.000				4			0.000	
22:6 n-3.....g	0.000				4			0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57				1			16	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7			0.0	
Caffeine.....mg	0		0	Z	7			0	
Theobromine.....mg	0		0	Z	7			0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7			0.000	
Carotene, alpha.....mcg	0		0	Z	7			0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7			0.000	
Lycopene.....mcg	0		0	Z	7			0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7			0.000	

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

Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, cured, ham, low sodium, lean and fat, cooked

[illegible]

NDB No. 43326

Pork, cured, ham, low sodium, lean and fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.002				4			1.135	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.384				4			0.109	
17:1.....g									
18:1 undifferentiated.....g	3.618				4			1.026	
20:1.....g	0.000				4			0.000	
22:1 undifferentiated.....g	0.000				4			0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.013				4			0.287	
18:2 undifferentiated.....g	0.868				4			0.246	
18:3 undifferentiated.....g	0.145				4			0.041	
18:4.....g	0.000				4			0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4			0.000	
20:5 n-3.....g	0.000				4			0.000	
22:5 n-3.....g	0.000				4			0.000	
22:6 n-3.....g	0.000				4			0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58				1			16	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0				7			0.0	
Caffeine.....mg	0		0	Z	7			0	
Theobromine.....mg	0		0	Z	7			0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7			0.000	
Carotene, alpha.....mcg	0		0	Z	7			0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7			0.000	
Lycopene.....mcg	0		0	Z	7			0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7			0.000	

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

Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10147
Pork, cured, ham, patties, grilled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.670		0		1		8.802	60.587	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		0		1		0.582	4.006	
17:1.....g									
18:1 undifferentiated.....g	13.540		0		1		8.124	55.920	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.330		0		1		1.998	13.753	
18:2 undifferentiated.....g	2.860		0		1		1.716	11.812	
18:3 undifferentiated.....g	0.320		0		1		0.192	1.322	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.084	0.578	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		43	297	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.155		0		1		0.093	0.640	
Threonine.....g	0.592		0		1		0.355	2.445	
Isoleucine.....g	0.581		0		1		0.349	2.400	
Leucine.....g	1.051		0		1		0.631	4.341	
Lysine.....g	1.130		0		1		0.678	4.667	
Methionine.....g	0.351		0		1		0.211	1.450	
Cystine.....g	0.179		0		1		0.107	0.739	
Phenylalanine.....g	0.564		0		1		0.338	2.329	
Tyrosine.....g	0.436		0		1		0.262	1.801	
Valine.....g	0.579		0		1		0.347	2.391	
Arginine.....g	0.858		0		1		0.515	3.544	
Histidine.....g	0.485		0		1		0.291	2.003	
Alanine.....g	0.781		0		1		0.469	3.226	
Aspartic acid.....g	1.253		0		1		0.752	5.175	
Glutamic acid.....g	2.134		0		1		1.280	8.813	
Glycine.....g	0.685		0		1		0.411	2.829	
Proline.....g	0.568		0		1		0.341	2.346	
Serine.....g	0.541		0		1		0.325	2.234	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 60g: 1 patty, cooked

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

NDB No. 10147
Pork, cured, ham, patties, grilled

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10146
Pork, cured, ham, patties, unheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	13.260		0		1		3.759	8.619	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		0		1		0.252	0.579	
17:1.....g									
18:1 undifferentiated.....g	12.370		0		1		3.507	8.041	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.040		0		1		0.862	1.976	
18:2 undifferentiated.....g	2.620		0		1		0.743	1.703	
18:3 undifferentiated.....g	0.290		0		1		0.082	0.189	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.037	0.085	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		1		1		20	46	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.149		4		1		0.042	0.097	
Threonine.....g	0.569		12		1		0.161	0.370	
Isoleucine.....g	0.558		12		1		0.158	0.363	
Leucine.....g	1.010		12		1		0.286	0.657	
Lysine.....g	1.086		12		1		0.308	0.706	
Methionine.....g	0.337		12		1		0.096	0.219	
Cystine.....g	0.172		4		1		0.049	0.112	
Phenylalanine.....g	0.542		12		1		0.154	0.352	
Tyrosine.....g	0.419		12		1		0.119	0.272	
Valine.....g	0.556		12		1		0.158	0.361	
Arginine.....g	0.824		12		1		0.234	0.536	
Histidine.....g	0.466		12		1		0.132	0.303	
Alanine.....g	0.751		12		1		0.213	0.488	
Aspartic acid.....g	1.205		12		1		0.342	0.783	
Glutamic acid.....g	2.051		12		1		0.581	1.333	
Glycine.....g	0.658		12		1		0.187	0.428	
Proline.....g	0.546		12		1		0.155	0.355	
Serine.....g	0.519		12		1		0.147	0.337	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 patty

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10140

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.070		0		1		9.898	6.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470	0.073	4		1		0.658	0.400	
17:1.....g									
18:1 undifferentiated.....g	6.610	1.116	4		1		9.254	5.619	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.780		0		1		2.492	1.513	
18:2 undifferentiated.....g	1.620	0.279	4		1		2.268	1.377	
18:3 undifferentiated.....g	0.160	0.068	4		1		0.224	0.136	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	62	13.570	4		1		87	53	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.233		0		1		0.326	0.198	
Threonine.....g	0.916		0		1		1.282	0.779	
Isoleucine.....g	0.883		0		1		1.236	0.751	
Leucine.....g	1.596		0		1		2.234	1.357	
Lysine.....g	1.764		0		1		2.470	1.499	
Methionine.....g	0.535		0		1		0.749	0.455	
Cystine.....g	0.243		0		1		0.340	0.207	
Phenylalanine.....g	0.791		0		1		1.107	0.672	
Tyrosine.....g	0.673		0		1		0.942	0.572	
Valine.....g	0.920		0		1		1.288	0.782	
Arginine.....g	1.271		0		1		1.779	1.080	
Histidine.....g	0.811		0		1		1.135	0.689	
Alanine.....g	1.172		0		1		1.641	0.996	
Aspartic acid.....g	1.895		0		1		2.653	1.611	
Glutamic acid.....g	3.031		0		1		4.243	2.576	
Glycine.....g	1.005		0		1		1.407	0.854	
Proline.....g	0.874		0		1		1.224	0.743	
Serine.....g	0.798		0		1		1.117	0.678	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10139

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.180		0		1		8.652	1.752	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540	0.107	4		1		0.756	0.153	
17:1.....g									
18:1 undifferentiated.....g	5.640	0.466	4		1		7.896	1.599	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.470		0		1		2.058	0.417	
18:2 undifferentiated.....g	1.290	0.151	4		1		1.806	0.366	
18:3 undifferentiated.....g	0.170	0.032	4		1		0.238	0.048	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	39	4.910	3		1		55	11	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.193		2		1		0.270	0.055	
Threonine.....g	0.758		2		1		1.061	0.215	
Isoleucine.....g	0.731		2		1		1.023	0.207	
Leucine.....g	1.320		2		1		1.848	0.374	
Lysine.....g	1.458		2		1		2.041	0.413	
Methionine.....g	0.443		2		1		0.620	0.126	
Cystine.....g	0.201		2		1		0.281	0.057	
Phenylalanine.....g	0.655		2		1		0.917	0.186	
Tyrosine.....g	0.557		2		1		0.780	0.158	
Valine.....g	0.760		2		1		1.064	0.215	
Arginine.....g	1.051		2		1		1.471	0.298	
Histidine.....g	0.671		2		1		0.939	0.190	
Alanine.....g	0.970		2		1		1.358	0.275	
Aspartic acid.....g	1.567		2		1		2.194	0.444	
Glutamic acid.....g	2.507		2		1		3.510	0.711	
Glycine.....g	0.831		2		1		1.163	0.236	
Proline.....g	0.722		2		1		1.011	0.205	
Serine.....g	0.660		2		1		0.924	0.187	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 10139
Pork, cured, ham, regular (approximately 13% fat), canned, unheated

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10149
Pork, cured, ham, steak, boneless, extra lean, unheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.960		0		4		0.556	1.117	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190	0.012	11		1		0.054	0.108	
17:1.....g									
18:1 undifferentiated.....g	1.770	0.074	11		1		0.502	1.009	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		4		0.133	0.268	
18:2 undifferentiated.....g	0.430	0.030	11		1		0.122	0.245	
18:3 undifferentiated.....g	0.040	0.009	11		1		0.011	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	45	2.222	11		1		13	26	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.235		2		1		0.067	0.134	
Threonine.....g	0.870		10		1		0.247	0.496	
Isoleucine.....g	0.858		10		1		0.243	0.489	
Leucine.....g	1.552		10		1		0.440	0.885	
Lysine.....g	1.658		10		1		0.470	0.945	
Methionine.....g	0.516		10		1		0.146	0.294	
Cystine.....g	0.295		2		1		0.084	0.168	
Phenylalanine.....g	0.845		10		1		0.240	0.482	
Tyrosine.....g	0.641		10		1		0.182	0.365	
Valine.....g	0.848		10		1		0.240	0.483	
Arginine.....g	1.270		10		1		0.360	0.724	
Histidine.....g	0.701		10		1		0.199	0.400	
Alanine.....g	1.154		10		1		0.327	0.658	
Aspartic acid.....g	1.852		10		1		0.525	1.056	
Glutamic acid.....g	3.189		10		1		0.904	1.818	
Glycine.....g	1.017		10		1		0.288	0.580	
Proline.....g	0.836		10		1		0.237	0.477	
Serine.....g	0.801		10		1		0.227	0.457	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10151

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.880		0		1		11.032	6.698	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.742	0.451	
17:1.....g									
18:1 undifferentiated.....g	7.350		0		1		10.290	6.248	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.810		0		1		2.534	1.539	
18:2 undifferentiated.....g	1.550		0		1		2.170	1.318	
18:3 undifferentiated.....g	0.170		0		1		0.238	0.145	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.112	0.068	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		1		87	53	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.245		0		1		0.343	0.208	
Threonine.....g	0.941		0		1		1.317	0.800	
Isoleucine.....g	0.918		0		1		1.285	0.780	
Leucine.....g	1.697		0		1		2.376	1.442	
Lysine.....g	1.825		0		1		2.555	1.551	
Methionine.....g	0.551		0		1		0.771	0.468	
Cystine.....g	0.315		0		1		0.441	0.268	
Phenylalanine.....g	0.922		0		1		1.291	0.784	
Tyrosine.....g	0.682		0		1		0.955	0.580	
Valine.....g	0.941		0		1		1.317	0.800	
Arginine.....g	1.459		0		1		2.043	1.240	
Histidine.....g	0.735		0		1		1.029	0.625	
Alanine.....g	1.183		0		1		1.656	1.006	
Aspartic acid.....g	1.897		0		1		2.656	1.612	
Glutamic acid.....g	3.267		0		1		4.574	2.777	
Glycine.....g	1.041		0		1		1.457	0.885	
Proline.....g	0.856		0		1		1.198	0.728	
Serine.....g	0.820		0		1		1.148	0.697	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10151
Pork, cured, ham, whole, separable lean and fat, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 18% Bone and skin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.71		0		1		83.59	16.93	
Energy.....kcal	246		0	NC	4		344	70	
Energy.....kj	1029				4		1441	292	
Protein (N x 6.25).....g	18.49		0		1		25.89	5.24	
Total lipid (fat).....g	18.52		0		1		25.93	5.25	
Ash.....g	3.23		0		1		4.52	0.92	
Carbohydrate, by difference.....g	0.06		0	NC	4		0.08	0.02	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		0		1		10	2	
Iron, Fe.....mg	0.71		0		1		0.99	0.20	
Magnesium, Mg.....mg	15		0		1		21	4	
Phosphorus, P.....mg	201		0		1		281	57	
Potassium, K.....mg	310		0		1		434	88	
Sodium, Na.....mg	1284		0		1		1798	364	
Zinc, Zn.....mg	1.76		0		1		2.46	0.50	
Copper, Cu.....mg	0.071		0		1		0.099	0.020	
Manganese, Mn.....mg	0.028		0		1		0.039	0.008	
Selenium, Se.....mcg	15.3		0	PIE	4		21.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	34.9		0	BFNN	4		48.9	9.9	
Thiamin.....mg	0.777		0		1		1.088	0.220	
Riboflavin.....mg	0.189		0		1		0.265	0.054	
Niacin.....mg	4.463		0		1		6.248	1.265	
Pantothenic acid.....mg	0.467		0		1		0.654	0.132	
Vitamin B-6.....mg	0.410		0		1		0.574	0.116	
Folate, total.....mcg	1		0	BFZN	4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0	BFZN	4		1	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		1	0	
Vitamin B-12.....mcg	0.74		0		1		1.04	0.21	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFSN	4		0.37	0.08	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.05		0	BFSN	4		0.08	0.02	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	6.620		0		1		9.268	1.877	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.020		0		1		0.028	0.006	
12:0.....g	0.040		0		1		0.056	0.011	
13:0.....g									
14:0.....g	0.240		0		1		0.336	0.068	
15:0.....g									
16:0.....g	4.150		0		1		5.810	1.177	
17:0.....g									
18:0.....g	2.170		0		1		3.038	0.615	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10150

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.700		0		1		12.180	2.466	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		0		1		0.812	0.164	
17:1.....g									
18:1 undifferentiated.....g	8.120		0		1		11.368	2.302	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.640		0		1		2.296	0.465	
18:2 undifferentiated.....g	1.360		0		1		1.904	0.386	
18:3 undifferentiated.....g	0.190		0		1		0.266	0.054	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.126	0.026	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		1		78	16	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.210		0		1		0.294	0.060	
Threonine.....g	0.806		0		1		1.128	0.229	
Isoleucine.....g	0.787		0		1		1.102	0.223	
Leucine.....g	1.455		0		1		2.037	0.412	
Lysine.....g	1.565		0		1		2.191	0.444	
Methionine.....g	0.473		0		1		0.662	0.134	
Cystine.....g	0.270		0		1		0.378	0.077	
Phenylalanine.....g	0.791		0		1		1.107	0.224	
Tyrosine.....g	0.584		0		1		0.818	0.166	
Valine.....g	0.807		0		1		1.130	0.229	
Arginine.....g	1.250		0		1		1.750	0.354	
Histidine.....g	0.630		0		1		0.882	0.179	
Alanine.....g	1.014		0		1		1.420	0.287	
Aspartic acid.....g	1.627		0		1		2.278	0.461	
Glutamic acid.....g	2.801		0		1		3.921	0.794	
Glycine.....g	0.893		0		1		1.250	0.253	
Proline.....g	0.733		0		1		1.026	0.208	
Serine.....g	0.703		0		1		0.984	0.199	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 10150
Pork, cured, ham, whole, separable lean and fat, unheated

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10153

Pork, cured, ham, whole, separable lean only, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.530		0		1		3.542	2.151	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210	0.006	109		1		0.294	0.179	
17:1.....g									
18:1 undifferentiated.....g	2.320	0.039	109		1		3.248	1.972	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.882	0.536	
18:2 undifferentiated.....g	0.500	0.014	109		1		0.700	0.425	
18:3 undifferentiated.....g	0.060	0.006	36		1		0.084	0.051	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070	0.004	25		1		0.098	0.060	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		1		77	47	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.300		2		1		0.420	0.255	
Threonine.....g	1.114		10		1		1.560	0.947	
Isoleucine.....g	1.098		10		1		1.537	0.933	
Leucine.....g	1.988		10		1		2.783	1.690	
Lysine.....g	2.124		10		1		2.974	1.805	
Methionine.....g	0.661		10		1		0.925	0.562	
Cystine.....g	0.377		2		1		0.528	0.320	
Phenylalanine.....g	1.082		10		1		1.515	0.920	
Tyrosine.....g	0.822		10		1		1.151	0.699	
Valine.....g	1.086		10		1		1.520	0.923	
Arginine.....g	1.627		10		1		2.278	1.383	
Histidine.....g	0.898		10		1		1.257	0.763	
Alanine.....g	1.479		10		1		2.071	1.257	
Aspartic acid.....g	2.372		10		1		3.321	2.016	
Glutamic acid.....g	4.084		10		1		5.718	3.471	
Glycine.....g	1.302		10		1		1.823	1.107	
Proline.....g	1.070		10		1		1.498	0.910	
Serine.....g	1.026		10		1		1.436	0.872	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10153
Pork, cured, ham, whole, separable lean only, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, cured, ham, whole, separable lean only, unheated

Refuse: 37% Bone and skin 18%, separable fat 19%

[illegible]

NDB No. 10152

Pork, cured, ham, whole, separable lean only, unheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.620		0		1		3.668	0.743	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220	0.007	109		1		0.308	0.062	
17:1.....g									
18:1 undifferentiated.....g	2.400	0.054	109		1		3.360	0.680	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.660		0		1		0.924	0.187	
18:2 undifferentiated.....g	0.520	0.001	109		1		0.728	0.147	
18:3 undifferentiated.....g	0.060	0.006	36		1		0.084	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070	0.004	25		1		0.098	0.020	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	52		0		1		73	15	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.268		2		1		0.375	0.076	
Threonine.....g	0.992		10		1		1.389	0.281	
Isoleucine.....g	0.978		10		1		1.369	0.277	
Leucine.....g	1.771		10		1		2.479	0.502	
Lysine.....g	1.892		10		1		2.649	0.536	
Methionine.....g	0.589		10		1		0.825	0.167	
Cystine.....g	0.336		2		1		0.470	0.095	
Phenylalanine.....g	0.964		10		1		1.350	0.273	
Tyrosine.....g	0.732		10		1		1.025	0.208	
Valine.....g	0.967		10		1		1.354	0.274	
Arginine.....g	1.449		10		1		2.029	0.411	
Histidine.....g	0.800		10		1		1.120	0.227	
Alanine.....g	1.317		10		1		1.844	0.373	
Aspartic acid.....g	2.113		10		1		2.958	0.599	
Glutamic acid.....g	3.638		10		1		5.093	1.031	
Glycine.....g	1.160		10		1		1.624	0.329	
Proline.....g	0.953		10		1		1.334	0.270	
Serine.....g	0.914		10		1		1.280	0.259	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 10152
Pork, cured, ham, whole, separable lean only, unheated

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

[illegible]

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.940		0		1		10.756	86.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.500		0		1		0.709	5.675	
17:1.....g									
18:1 undifferentiated.....g	34.930		0		1		9.903	79.291	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.400		0		1		2.665	21.338	
18:2 undifferentiated.....g	8.630		0		1		2.447	19.590	
18:3 undifferentiated.....g	0.650		0		1		0.184	1.476	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.023	0.182	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		24	195	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.005	0.039	
Threonine.....g	0.166		0		1		0.047	0.377	
Isoleucine.....g	0.133		0		1		0.038	0.302	
Leucine.....g	0.353		0		1		0.100	0.801	
Lysine.....g	0.419		0		1		0.119	0.951	
Methionine.....g	0.075		0		1		0.021	0.170	
Cystine.....g	0.044		0		1		0.012	0.100	
Phenylalanine.....g	0.189		0		1		0.054	0.429	
Tyrosine.....g	0.082		0		1		0.023	0.186	
Valine.....g	0.242		0		1		0.069	0.549	
Arginine.....g	0.522		0		1		0.148	1.185	
Histidine.....g	0.057		0		1		0.016	0.129	
Alanine.....g	0.283		0		4		0.080	0.642	
Aspartic acid.....g	0.417		0		4		0.118	0.947	
Glutamic acid.....g	0.693		0		4		0.196	1.573	
Glycine.....g	0.361		0		4		0.102	0.819	
Proline.....g	0.268		0		4		0.076	0.608	
Serine.....g	0.190		0		4		0.054	0.431	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 8 oz

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.89	0.793	63		1		8.19	24.56	
Energy.....kcal	591		0	NC	4		168	502	
Energy.....kj	2473				4		701	2102	
Protein (N x 6.25).....g	7.64	0.167	63		1		2.17	6.49	
Total lipid (fat).....g	61.86	0.902	63		1		17.54	52.58	
Ash.....g	1.68	0.054	48		1		0.48	1.43	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0		1		2	7	
Iron, Fe.....mg	0.61		0		1		0.17	0.52	
Magnesium, Mg.....mg	9		0		1		3	8	
Phosphorus, P.....mg	160		0		1		45	136	
Potassium, K.....mg	164		0		1		46	139	
Sodium, Na.....mg	624		0		1		177	530	
Zinc, Zn.....mg	1.31		0		1		0.37	1.11	
Copper, Cu.....mg	0.069		0		1		0.020	0.059	
Manganese, Mn.....mg	0.007		0		1		0.002	0.006	
Selenium, Se.....mcg	11.7		0	BFNN	4		3.3	9.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.287		0		1		0.081	0.244	
Riboflavin.....mg	0.091		0		1		0.026	0.077	
Niacin.....mg	2.228		0		1		0.632	1.894	
Pantothenic acid.....mg	0.293		0		1		0.083	0.249	
Vitamin B-6.....mg	0.030		0		1		0.009	0.026	
Folate, total.....mcg	2		0		1		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		1		1	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12.....mcg	0.42		0		1		0.12	0.36	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	22.690		0		1		6.433	19.287	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.110		0		1		0.031	0.094	
13:0.....g									
14:0.....g	0.820		0		1		0.232	0	

NDB No. 10167

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	29.690		0		1		8.417	25.237	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.830		0		1		0.519	1.556	
17:1.....g									
18:1 undifferentiated.....g	27.460		0		1		7.785	23.341	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.580		0		1		1.865	5.593	
18:2 undifferentiated.....g	5.770		0		1		1.636	4.905	
18:3 undifferentiated.....g	0.640		0		1		0.181	0.544	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.040	0.119	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		24	73	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.007	0.021	
Threonine.....g	0.251		0		1		0.071	0.213	
Isoleucine.....g	0.201		0		1		0.057	0.171	
Leucine.....g	0.534		0		1		0.151	0.454	
Lysine.....g	0.633		0		1		0.179	0.538	
Methionine.....g	0.113		0		1		0.032	0.096	
Cystine.....g	0.067		0		1		0.019	0.057	
Phenylalanine.....g	0.286		0		1		0.081	0.243	
Tyrosine.....g	0.124		0		1		0.035	0.105	
Valine.....g	0.365		0		1		0.103	0.310	
Arginine.....g	0.789		0		1		0.224	0.671	
Histidine.....g	0.086		0		1		0.024	0.073	
Alanine.....g	0.428		0		4		0.121	0.364	
Aspartic acid.....g	0.631		0		4		0.179	0.536	
Glutamic acid.....g	1.049		0		4		0.297	0.892	
Glycine.....g	0.546		0		4		0.155	0.464	
Proline.....g	0.406		0		4		0.115	0.345	
Serine.....g	0.287		0		4		0.081	0.244	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10166

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	29.470		0		1		8.355	25.050	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.810		0		1		0.513	1.539	
17:1.....g									
18:1 undifferentiated.....g	27.260		0		1		7.728	23.171	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.530		0		1		1.851	5.551	
18:2 undifferentiated.....g	5.730		0		1		1.624	4.871	
18:3 undifferentiated.....g	0.630		0		1		0.179	0.536	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.037	0.111	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		19	58	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.018		0		1		0.005	0.015	
Threonine.....g	0.187		0		1		0.053	0.159	
Isoleucine.....g	0.150		0		1		0.043	0.128	
Leucine.....g	0.396		0		1		0.112	0.337	
Lysine.....g	0.470		0		1		0.133	0.400	
Methionine.....g	0.084		0		1		0.024	0.071	
Cystine.....g	0.050		0		1		0.014	0.043	
Phenylalanine.....g	0.212		0		1		0.060	0.180	
Tyrosine.....g	0.092		0		1		0.026	0.078	
Valine.....g	0.271		0		1		0.077	0.230	
Arginine.....g	0.586		0		1		0.166	0.498	
Histidine.....g	0.064		0		1		0.018	0.054	
Alanine.....g	0.318		0		4		0.090	0.270	
Aspartic acid.....g	0.469		0		4		0.133	0.399	
Glutamic acid.....g	0.780		0		4		0.221	0.663	
Glycine.....g	0.406		0		4		0.115	0.345	
Proline.....g	0.302		0		4		0.086	0.257	
Serine.....g	0.214		0		4		0.061	0.182	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

NDB No. 10166

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10168

Pork, cured, shoulder, arm picnic, separable lean and fat, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.140		0		1		14.196	8.619	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.670		0		1		0.938	0.570	
17:1.....g									
18:1 undifferentiated.....g	9.350		0		1		13.090	7.948	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.320		0		1		3.248	1.972	
18:2 undifferentiated.....g	1.980		0		1		2.772	1.683	
18:3 undifferentiated.....g	0.220		0		1		0.308	0.187	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.140	0.085	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		1		81	49	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.227		0		1		0.318	0.193	
Threonine.....g	0.885		0		1		1.239	0.752	
Isoleucine.....g	0.861		0		1		1.205	0.732	
Leucine.....g	1.602		0		1		2.243	1.362	
Lysine.....g	1.728		0		1		2.419	1.469	
Methionine.....g	0.516		0		1		0.722	0.439	
Cystine.....g	0.294		0		1		0.412	0.250	
Phenylalanine.....g	0.871		0		1		1.219	0.740	
Tyrosine.....g	0.637		0		1		0.892	0.541	
Valine.....g	0.894		0		1		1.252	0.760	
Arginine.....g	1.403		0		1		1.964	1.193	
Histidine.....g	0.683		0		1		0.956	0.581	
Alanine.....g	1.088		0		1		1.523	0.925	
Aspartic acid.....g	1.746		0		1		2.444	1.484	
Glutamic acid.....g	3.005		0		1		4.207	2.554	
Glycine.....g	0.958		0		1		1.341	0.814	
Proline.....g	0.787		0		1		1.102	0.669	
Serine.....g	0.755		0		1		1.057	0.642	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10168

Pork, cured, shoulder, arm picnic, separable lean and fat, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10169

Pork, cured, shoulder, arm picnic, separable lean only, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.230		0		1		4.522	2.746	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270	0.007	109		1		0.378	0.230	
17:1.....g									
18:1 undifferentiated.....g	2.960	0.042	109		1		4.144	2.516	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.810		0		1		1.134	0.689	
18:2 undifferentiated.....g	0.640	0.016	109		1		0.896	0.544	
18:3 undifferentiated.....g	0.080	0.007	36		1		0.112	0.068	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.004	25		1		0.126	0.077	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	48		0		1		67	41	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.299		2		1		0.419	0.254	
Threonine.....g	1.109		10		1		1.553	0.943	
Isoleucine.....g	1.094		10		1		1.532	0.930	
Leucine.....g	1.980		10		1		2.772	1.683	
Lysine.....g	2.115		10		1		2.961	1.798	
Methionine.....g	0.659		10		1		0.923	0.560	
Cystine.....g	0.375		2		1		0.525	0.319	
Phenylalanine.....g	1.078		10		1		1.509	0.916	
Tyrosine.....g	0.818		10		1		1.145	0.695	
Valine.....g	1.082		10		1		1.515	0.920	
Arginine.....g	1.620		10		1		2.268	1.377	
Histidine.....g	0.894		10		1		1.252	0.760	
Alanine.....g	1.473		10		1		2.062	1.252	
Aspartic acid.....g	2.363		10		1		3.308	2.009	
Glutamic acid.....g	4.067		10		1		5.694	3.457	
Glycine.....g	1.297		10		1		1.816	1.102	
Proline.....g	1.066		10		1		1.492	0.906	
Serine.....g	1.022		10		1		1.431	0.869	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 10169
Pork, cured, shoulder, arm picnic, separable lean only, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10171

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.030		0		1		41.473	9.376	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.880	0.065	4		1		3.309	0.748	
17:1.....g									
18:1 undifferentiated.....g	10.150	0.748	4		1		38.164	8.628	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.510		0		1		9.438	2.134	
18:2 undifferentiated.....g	2.150	0.217	4		1		8.084	1.828	
18:3 undifferentiated.....g	0.360	0.069	4		1		1.354	0.306	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67	2.561	4		1		252	57	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.207		0		1		0.778	0.176	
Threonine.....g	0.768		0		1		2.888	0.653	
Isoleucine.....g	0.757		0		1		2.846	0.643	
Leucine.....g	1.371		0		1		5.155	1.165	
Lysine.....g	1.465		0		1		5.508	1.245	
Methionine.....g	0.456		0		1		1.715	0.388	
Cystine.....g	0.260		0		1		0.978	0.221	
Phenylalanine.....g	0.746		0		1		2.805	0.634	
Tyrosine.....g	0.567		0		1		2.132	0.482	
Valine.....g	0.749		0		1		2.816	0.637	
Arginine.....g	1.122		0		1		4.219	0.954	
Histidine.....g	0.619		0		1		2.327	0.526	
Alanine.....g	1.020		0		1		3.835	0.867	
Aspartic acid.....g	1.636		0		1		6.151	1.391	
Glutamic acid.....g	2.817		0		1		10.592	2.394	
Glycine.....g	0.898		0		1		3.376	0.763	
Proline.....g	0.738		0		1		2.775	0.627	
Serine.....g	0.708		0		1		2.662	0.602	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10170

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.755		0		1		2.766	11.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.728		4		1		0.206	0.823	
17:1.....g									
18:1 undifferentiated.....g	9.026		4		1		2.559	10.199	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.334		0		1		0.662	2.637	
18:2 undifferentiated.....g	2.015		4		1		0.571	2.277	
18:3 undifferentiated.....g	0.319		4		1		0.090	0.360	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53	4.205	4		1		15	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.198		0		1		0.056	0.224	
Threonine.....g	0.733		0		1		0.208	0.828	
Isoleucine.....g	0.722		0		1		0.205	0.816	
Leucine.....g	1.307		0		1		0.371	1.477	
Lysine.....g	1.397		0		1		0.396	1.579	
Methionine.....g	0.435		0		1		0.123	0.492	
Cystine.....g	0.248		0		1		0.070	0.280	
Phenylalanine.....g	0.712		0		1		0.202	0.805	
Tyrosine.....g	0.540		0		1		0.153	0.610	
Valine.....g	0.714		0		1		0.202	0.807	
Arginine.....g	1.070		0		1		0.303	1.209	
Histidine.....g	0.590		0		1		0.167	0.667	
Alanine.....g	0.972		0		1		0.276	1.098	
Aspartic acid.....g	1.560		0		1		0.442	1.763	
Glutamic acid.....g	2.685		0		1		0.761	3.034	
Glycine.....g	0.856		0		1		0.243	0.967	
Proline.....g	0.704		0		1		0.200	0.796	
Serine.....g	0.675		0		1		0.191	0.763	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10004
Pork, fresh, backfat, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.950		0		1		11.893	190.285	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.750		241		1		0.780	12.474	
17:1.....g									
18:1 undifferentiated.....g	38.480		245		1		10.909	174.545	
20:1.....g	0.720		1		1		0.204	3.266	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.350		0		1		2.934	46.948	
18:2 undifferentiated.....g	9.500		245		1		2.693	43.092	
18:3 undifferentiated.....g	0.740		27		1		0.210	3.357	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		12		1		0.031	0.499	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57	2.104	8		1		16	259	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.037		0		1		0.010	0.168	
Threonine.....g	0.133		0		1		0.038	0.603	
Isoleucine.....g	0.137		0		1		0.039	0.621	
Leucine.....g	0.234		0		1		0.066	1.061	
Lysine.....g	0.263		0		1		0.075	1.193	
Methionine.....g	0.077		0		1		0.022	0.349	
Cystine.....g	0.037		0		1		0.010	0.168	
Phenylalanine.....g	0.117		0		1		0.033	0.531	
Tyrosine.....g	0.102		0		1		0.029	0.463	
Valine.....g	0.158		0		1		0.045	0.717	
Arginine.....g	0.182		0		1		0.052	0.826	
Histidine.....g	0.117		0		1		0.033	0.531	
Alanine.....g	0.170		0		1		0.048	0.771	
Aspartic acid.....g	0.271		0		1		0.077	1.229	
Glutamic acid.....g	0.457		0		1		0.130	2.073	
Glycine.....g	0.139		0		1		0.039	0.631	
Proline.....g	0.117		0		1		0.033	0.531	
Serine.....g	0.121		0		1		0.034	0.549	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10004
Pork, fresh, backfat, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10193

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	13.460		0		1		29.477	11.441	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.000		12		1		2.190	0.850	
17:1.....g									
18:1 undifferentiated.....g	12.120		12		1		26.543	10.302	
20:1.....g	0.230		12		1		0.504	0.196	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.320		0		1		5.081	1.972	
18:2 undifferentiated.....g	2.050		12		1		4.490	1.743	
18:3 undifferentiated.....g	0.090		12		1		0.197	0.077	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		12		1		0.175	0.068	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	118	4.937	12		1		258	100	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.675	0.262	
Threonine.....g	1.108		0		1		2.427	0.942	
Isoleucine.....g	1.136		0		1		2.488	0.966	
Leucine.....g	1.947		0		1		4.264	1.655	
Lysine.....g	2.182		0		1		4.779	1.855	
Methionine.....g	0.642		0		1		1.406	0.546	
Cystine.....g	0.309		0		1		0.677	0.263	
Phenylalanine.....g	0.968		0		1		2.120	0.823	
Tyrosine.....g	0.845		0		1		1.851	0.718	
Valine.....g	1.316		0		1		2.882	1.119	
Arginine.....g	1.508		0		1		3.303	1.282	
Histidine.....g	0.969		0		1		2.122	0.824	
Alanine.....g	1.413		0		1		3.094	1.201	
Aspartic acid.....g	2.250		0		1		4.928	1.913	
Glutamic acid.....g	3.798		0		1		8.318	3.228	
Glycine.....g	1.152		0		1		2.523	0.979	
Proline.....g	0.975		0		1		2.135	0.829	
Serine.....g	1.002		0		1		2.194	0.852	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
Proximates:								
Water.....g	59.39	0.886	12		1	16.84	269.39	
Energy.....kcal	282		0	NC	4	80	1279	
Energy.....kj	1180				4	334	5352	
Protein (N x 6.25).....g	16.12		0		1	4.57	73.12	
Total lipid (fat).....g	23.58	0.950	12		1	6.68	106.96	
Ash.....g	0.91		0		1	0.26	4.13	
Carbohydrate, by difference.....g	0.00		0	Z	7	0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7	0.0	0.0	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	32	3.696	5		1	9	145	
Iron, Fe.....mg	0.91	0.050	5		1	0.26	4.13	
Magnesium, Mg.....mg	16	0.421	5		1	5	73	
Phosphorus, P.....mg	143	2.294	5		1	41	649	
Potassium, K.....mg	233	8.513	5		1	66	1057	
Sodium, Na.....mg	75	2.024	5		1	21	340	
Zinc, Zn.....mg	2.31	0.095	5		1	0.65	10.48	
Copper, Cu.....mg	0.062	0.004	5		1	0.018	0.281	
Manganese, Mn.....mg	0.007		0		1	0.002	0.032	
Selenium, Se.....mcg	24.0	3.591	5	A	1	6.8	108.9	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.2		0		1	0.1	0.9	
Thiamin.....mg	0.584		0		1	0.166	2.649	
Riboflavin.....mg	0.258		0		1	0.073	1.170	
Niacin.....mg	4.570		0		1	1.296	20.730	
Pantothenic acid.....mg	0.745		0		1	0.211	3.379	
Vitamin B-6.....mg	0.395		0		1	0.112	1.792	
Folate, total.....mcg	4		0		1	1	18	
Folic acid.....mcg	0		0	Z	7	0	0	
Folate, food.....mcg	4		0		1	1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4	1	18	
Vitamin B-12.....mcg	0.82		0		1	0.23	3.72	
Vitamin A, IU.....IU	10		0		1	3	45	
Vitamin A, RAE.....mcg_RAE	3		0		1	1	14	
Retinol.....mcg	3		0		1	1	14	
Vitamin E (alpha-tocopherol).....mg								
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg								
Lipids:								
Fatty acids, total saturated.....g	8.730		0		1	2.475	39.599	
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.010		0		1	0.003	0.045	
12:0.....g	0.010		0		1	0.003	0.045	
13:0.....g								
14:0.....g	0.300		0		1	0.085	1.361	
15:0.....g								
16:0.....g	5.340		0		1	1.514	24.222	
17:0.....g								
18:0.....g	2.920		0		1	0.828	13.245	
20:0.....g								
22:0.....g								
24:0.....g								

NDB No. 10192

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	10.650		0		1		3.019	48.308	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0		1		0.204	3.266	
17:1.....g									
18:1 undifferentiated.....g	9.660		0		1		2.739	43.818	
20:1.....g	0.180		0		1		0.051	0.816	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.960		0		1		0.556	8.891	
18:2 undifferentiated.....g	1.730		0		1		0.490	7.847	
18:3 undifferentiated.....g	0.080		0		1		0.023	0.363	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.020	0.318	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		23	367	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.058	0.930	
Threonine.....g	0.736		0		1		0.209	3.338	
Isoleucine.....g	0.755		0		1		0.214	3.425	
Leucine.....g	1.293		0		1		0.367	5.865	
Lysine.....g	1.450		0		1		0.411	6.577	
Methionine.....g	0.427		0		1		0.121	1.937	
Cystine.....g	0.206		0		1		0.058	0.934	
Phenylalanine.....g	0.643		0		1		0.182	2.917	
Tyrosine.....g	0.562		0		1		0.159	2.549	
Valine.....g	0.875		0		1		0.248	3.969	
Arginine.....g	1.002		0		1		0.284	4.545	
Histidine.....g	0.644		0		1		0.183	2.921	
Alanine.....g	0.939		0		1		0.266	4.259	
Aspartic acid.....g	1.495		0		1		0.424	6.781	
Glutamic acid.....g	2.523		0		1		0.715	11.444	
Glycine.....g	0.765		0		1		0.217	3.470	
Proline.....g	0.648		0		1		0.184	2.939	
Serine.....g	0.666		0		1		0.189	3.021	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10005
Pork, fresh, belly, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	24.700		0		1		7.002	112.039	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.500		314		1		0.425	6.804	
17:1.....g									
18:1 undifferentiated.....g	22.770		316		1		6.455	103.285	
20:1.....g	0.430		7		1		0.122	1.950	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.650		0		1		1.602	25.628	
18:2 undifferentiated.....g	5.030		316		1		1.426	22.816	
18:3 undifferentiated.....g	0.480		67		1		0.136	2.177	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		29		1		0.040	0.635	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		1		1		20	327	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10001

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	15.930		0		1		4.516	72.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.990		0		1		0.281	4.491	
17:1.....g									
18:1 undifferentiated.....g	14.660		0		1		4.156	66.498	
20:1.....g	0.270		0		1		0.077	1.225	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.800		0		1		1.077	17.237	
18:2 undifferentiated.....g	3.300		0		1		0.936	14.969	
18:3 undifferentiated.....g	0.290		0		1		0.082	1.315	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.031	0.499	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		21	336	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.160		0		1		0.045	0.726	
Threonine.....g	0.610		0		1		0.173	2.767	
Isoleucine.....g	0.616		0		1		0.175	2.794	
Leucine.....g	1.088		0		1		0.308	4.935	
Lysine.....g	1.230		0		1		0.349	5.579	
Methionine.....g	0.347		0		1		0.098	1.574	
Cystine.....g	0.169		0		1		0.048	0.767	
Phenylalanine.....g	0.547		0		1		0.155	2.481	
Tyrosine.....g	0.454		0		1		0.129	2.059	
Valine.....g	0.737		0		1		0.209	3.343	
Arginine.....g	0.911		0		1		0.258	4.132	
Histidine.....g	0.509		0		1		0.144	2.309	
Alanine.....g	0.832		0		1		0.236	3.774	
Aspartic acid.....g	1.249		0		1		0.354	5.665	
Glutamic acid.....g	2.062		0		1		0.585	9.353	
Glycine.....g	0.868		0		1		0.246	3.937	
Proline.....g	0.672		0		1		0.191	3.048	
Serine.....g	0.574		0		1		0.163	2.604	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw

[illegible]

NDB No. 10003

Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	7.320		0		1		2.075	33.204	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.130	2.087	
17:1.....g									
18:1 undifferentiated.....g	6.720		0		1		1.905	30.482	
20:1.....g	0.120		0		1		0.034	0.544	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.730		0		1		0.490	7.847	
18:2 undifferentiated.....g	1.460		0		1		0.414	6.623	
18:3 undifferentiated.....g	0.110		0		1		0.031	0.499	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.026	0.408	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		20	313	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		0		1		0.063	1.012	
Threonine.....g	0.820		0		1		0.232	3.720	
Isoleucine.....g	0.835		0		1		0.237	3.788	
Leucine.....g	1.449		0		1		0.411	6.573	
Lysine.....g	1.630		0		1		0.462	7.394	
Methionine.....g	0.471		0		1		0.134	2.136	
Cystine.....g	0.228		0		1		0.065	1.034	
Phenylalanine.....g	0.724		0		1		0.205	3.284	
Tyrosine.....g	0.619		0		1		0.175	2.808	
Valine.....g	0.981		0		1		0.278	4.450	
Arginine.....g	1.160		0		1		0.329	5.262	
Histidine.....g	0.704		0		1		0.200	3.193	
Alanine.....g	1.075		0		1		0.305	4.876	
Aspartic acid.....g	1.670		0		1		0.473	7.575	
Glutamic acid.....g	2.794		0		1		0.792	12.674	
Glycine.....g	0.980		0		1		0.278	4.445	
Proline.....g	0.795		0		1		0.225	3.606	
Serine.....g	0.754		0		1		0.214	3.420	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10003

Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 31% Bone and skin 22%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.31		0		1		139.32	51.26	
Energy.....kcal	212		0	NC	4		490	180	
Energy.....kj	887				4		2049	754	
Protein (N x 6.25).....g	29.27		0		1		67.61	24.88	
Total lipid (fat).....g	9.66		0		1		22.31	8.21	
Ash.....g	1.18		0		1		2.73	1.00	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0		1		49	18	
Iron, Fe.....mg	1.10		0		1		2.54	0.94	
Magnesium, Mg.....mg	26		0		1		60	22	
Phosphorus, P.....mg	237		0		1		547	201	
Potassium, K.....mg	375		0		1		866	319	
Sodium, Na.....mg	59		0		1		136	50	
Zinc, Zn.....mg	2.97		0		1		6.86	2.52	
Copper, Cu.....mg	0.061		0		1		0.141	0.052	
Manganese, Mn.....mg	0.018		0		1		0.042	0.015	
Selenium, Se.....mcg	45.0		0	PAE	4		104.0	38.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.7	0.3	
Thiamin.....mg	0.846		0		1		1.954	0.719	
Riboflavin.....mg	0.345		0		1		0.797	0.293	
Niacin.....mg	5.172		0		1		11.947	4.396	
Pantothenic acid.....mg	0.684		0		1		1.580	0.581	
Vitamin B-6.....mg	0.434		0		1		1.003	0.369	
Folate, total.....mcg	1	0.083	24	A	1		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1	0.083	24	A	1		3	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	1	
Vitamin B-12.....mcg	0.75		0		1		1.73	0.64	
Vitamin A, IU.....IU	7		0	PIK	4		15	6	
Vitamin A, RAE.....mcg_RAE	2		0	PIK	4		5	2	
Retinol.....mcg	2		0	PIK	4		5	2	
Vitamin E (alpha-tocopherol).....mg	0.18		0	PIK	4		0.41	0.15	
Tocopherol, beta.....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.410		0		1		7.877	2.899	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		0		1		0.023	0.009	
12:0.....g	0.010		0		1		0.023	0.009	
13:0.....g									
14:0.....g	0.120		0		1		0.277	0.102	
15:0.....g									
16:0.....g	2.110		0		1		4.874	1.794	
17:0.....g									
18:0.....g	1.090		0		1		2.518	0.927	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10093

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.350		0		1		10.049	3.698	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.716	0.264	
17:1.....g									
18:1 undifferentiated.....g	3.910		0		1		9.032	3.324	
20:1.....g	0.090		0		1		0.208	0.077	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.733	0.638	
18:2 undifferentiated.....g	0.650		0		1		1.502	0.553	
18:3 undifferentiated.....g	0.020		0		1		0.046	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.116	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		199	73	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.372		0		1		0.859	0.316	
Threonine.....g	1.337		0		1		3.088	1.136	
Isoleucine.....g	1.371		0		1		3.167	1.165	
Leucine.....g	2.348		0		1		5.424	1.996	
Lysine.....g	2.632		0		1		6.080	2.237	
Methionine.....g	0.775		0		1		1.790	0.659	
Cystine.....g	0.373		0		1		0.862	0.317	
Phenylalanine.....g	1.168		0		1		2.698	0.993	
Tyrosine.....g	1.020		0		1		2.356	0.867	
Valine.....g	1.588		0		1		3.668	1.350	
Arginine.....g	1.819		0		1		4.202	1.546	
Histidine.....g	1.169		0		1		2.700	0.994	
Alanine.....g	1.705		0		1		3.939	1.449	
Aspartic acid.....g	2.715		0		1		6.272	2.308	
Glutamic acid.....g	4.582		0		1		10.584	3.895	
Glycine.....g	1.390		0		1		3.211	1.182	
Proline.....g	1.176		0		1		2.717	1.000	
Serine.....g	1.209		0		1		2.793	1.028	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 10093

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.34		0		1		20.51	328.13	
Energy.....kcal	143		0	NC	4		41	649	
Energy.....kj	598				4		170	2714	
Protein (N x 6.25).....g	21.07		0		1		5.97	95.57	
Total lipid (fat).....g	5.88		0		1		1.67	26.67	
Ash.....g	1.04		0		1		0.29	4.72	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		0		1		5	73	
Iron, Fe.....mg	0.91		0		1		0.26	4.13	
Magnesium, Mg.....mg	23		0		1		7	104	
Phosphorus, P.....mg	211		0		1		60	957	
Potassium, K.....mg	380		0		1		108	1724	
Sodium, Na.....mg	57		0		1		16	259	
Zinc, Zn.....mg	2.08		0		1		0.59	9.43	
Copper, Cu.....mg	0.069		0		1		0.020	0.313	
Manganese, Mn.....mg	0.013		0		1		0.004	0.059	
Selenium, Se.....mcg	32.3		0	PAE	4		9.2	146.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	3.2	
Thiamin.....mg	0.966		0		1		0.274	4.382	
Riboflavin.....mg	0.273		0		1		0.077	1.238	
Niacin.....mg	4.829		0		1		1.369	21.904	
Pantothenic acid.....mg	0.788		0		1		0.223	3.574	
Vitamin B-6.....mg	0.508		0		1		0.144	2.304	
Folate, total.....mcg	5		0		1		1	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		1	23	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23	
Vitamin B-12.....mcg	0.67		0		1		0.19	3.04	
Vitamin A, IU.....IU	7		0	PIK	4		2	30	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	9	
Retinol.....mcg	2		0	PIK	4		1	9	
Vitamin E (alpha-tocopherol).....mg	0.18		0	PIK	4		0.05	0.80	
Tocopherol, beta.....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.030		0		1		0.576	9.208	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		0		1		0.003	0.045	
12:0.....g	0.010		0		1		0.003	0.045	
13:0.....g									
14:0.....g	0.070		0		1		0.020	0.318	
15:0.....g									
16:0.....g	1.290		0		1		0.366	5.851	
17:0.....g									
18:0.....g	0.640		0		1		0.181	2.903	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10002

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.660		0		1		0.754	12.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.054	0.862	
17:1.....g									
18:1 undifferentiated.....g	2.420		0		1		0.686	10.977	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.179	2.858	
18:2 undifferentiated.....g	0.510		0		1		0.145	2.313	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.020	0.318	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0		1		17	277	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		1		0.076	1.216	
Threonine.....g	0.962		0		1		0.273	4.364	
Isoleucine.....g	0.987		0		1		0.280	4.477	
Leucine.....g	1.691		0		1		0.479	7.670	
Lysine.....g	1.895		0		1		0.537	8.596	
Methionine.....g	0.558		0		1		0.158	2.531	
Cystine.....g	0.269		0		1		0.076	1.220	
Phenylalanine.....g	0.841		0		1		0.238	3.815	
Tyrosine.....g	0.734		0		1		0.208	3.329	
Valine.....g	1.143		0		1		0.324	5.185	
Arginine.....g	1.310		0		1		0.371	5.942	
Histidine.....g	0.842		0		1		0.239	3.819	
Alanine.....g	1.227		0		1		0.348	5.566	
Aspartic acid.....g	1.954		0		1		0.554	8.863	
Glutamic acid.....g	3.298		0		1		0.935	14.960	
Glycine.....g	1.000		0		1		0.284	4.536	
Proline.....g	0.846		0		1		0.240	3.837	
Serine.....g	0.870		0		1		0.247	3.946	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10002
Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 24% Bone and skin

[illegible]

NDB No. 10188

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.640		0		1		18.871	6.494	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.510		0		1		1.260	0.434	
17:1.....g									
18:1 undifferentiated.....g	6.920		0		1		17.092	5.882	
20:1.....g	0.150		0		1		0.371	0.128	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.450		0		1		3.582	1.233	
18:2 undifferentiated.....g	1.280		0		1		3.162	1.088	
18:3 undifferentiated.....g	0.050		0		1		0.124	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.173	0.060	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		225	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.346		0		1		0.855	0.294	
Threonine.....g	1.253		0		1		3.095	1.065	
Isoleucine.....g	1.283		0		1		3.169	1.091	
Leucine.....g	2.206		0		1		5.449	1.875	
Lysine.....g	2.475		0		1		6.113	2.104	
Methionine.....g	0.725		0		1		1.791	0.616	
Cystine.....g	0.350		0		1		0.865	0.298	
Phenylalanine.....g	1.099		0		1		2.715	0.934	
Tyrosine.....g	0.954		0		1		2.356	0.811	
Valine.....g	1.492		0		1		3.685	1.268	
Arginine.....g	1.725		0		1		4.261	1.466	
Histidine.....g	1.091		0		1		2.695	0.927	
Alanine.....g	1.611		0		1		3.979	1.369	
Aspartic acid.....g	2.548		0		1		6.294	2.166	
Glutamic acid.....g	4.289		0		1		10.594	3.646	
Glycine.....g	1.357		0		1		3.352	1.153	
Proline.....g	1.134		0		1		2.801	0.964	
Serine.....g	1.139		0		1		2.813	0.968	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 10188

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10187

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.630		0		1		1.880	30.074	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.116	1.860	
17:1.....g									
18:1 undifferentiated.....g	6.090		0		1		1.727	27.624	
20:1.....g	0.110		0		1		0.031	0.499	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.550		0		1		0.439	7.031	
18:2 undifferentiated.....g	1.310		0		1		0.371	5.942	
18:3 undifferentiated.....g	0.090		0		1		0.026	0.408	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.023	0.363	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		19	304	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.234		0		1		0.066	1.061	
Threonine.....g	0.855		0		1		0.242	3.878	
Isoleucine.....g	0.873		0		1		0.247	3.960	
Leucine.....g	1.509		0		1		0.428	6.845	
Lysine.....g	1.696		0		1		0.481	7.693	
Methionine.....g	0.493		0		1		0.140	2.236	
Cystine.....g	0.238		0		1		0.067	1.080	
Phenylalanine.....g	0.753		0		1		0.213	3.416	
Tyrosine.....g	0.648		0		1		0.184	2.939	
Valine.....g	1.021		0		1		0.289	4.631	
Arginine.....g	1.197		0		1		0.339	5.430	
Histidine.....g	0.738		0		1		0.209	3.348	
Alanine.....g	1.112		0		1		0.315	5.044	
Aspartic acid.....g	1.741		0		1		0.494	7.897	
Glutamic acid.....g	2.921		0		1		0.828	13.250	
Glycine.....g	0.983		0		1		0.279	4.459	
Proline.....g	0.807		0		1		0.229	3.661	
Serine.....g	0.783		0		1		0.222	3.552	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	56.68		0		1		147.93	48.18	
Energy.....kcal	252		0	NC	4		658	214	
Energy.....kj	1054				4		2752	896	
Protein (N x 6.25).....g	27.78		0		1		72.51	23.61	
Total lipid (fat).....g	14.76		0		1		38.52	12.55	
Ash.....g	1.14		0		1		2.98	0.97	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0		1		63	20	
Iron, Fe.....mg	0.99		0		1		2.58	0.84	
Magnesium, Mg.....mg	24		0		1		63	20	
Phosphorus, P.....mg	227		0		1		592	193	
Potassium, K.....mg	362		0		1		945	308	
Sodium, Na.....mg	57		0		1		149	48	
Zinc, Zn.....mg	2.62		0		1		6.84	2.23	
Copper, Cu.....mg	0.051		0		1		0.133	0.043	
Manganese, Mn.....mg	0.007		0		1		0.018	0.006	
Selenium, Se.....mcg	41.6		0	PAE	4		108.6	35.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.8	0.3	
Thiamin.....mg	0.849		0		1		2.216	0.722	
Riboflavin.....mg	0.324		0		1		0.846	0.275	
Niacin.....mg	4.960		0		1		12.946	4.216	
Pantothenic acid.....mg	0.667		0		1		1.741	0.567	
Vitamin B-6.....mg	0.404		0		1		1.054	0.343	
Folate, total.....mcg	6		0		1		16	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		16	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		16	5	
Vitamin B-12.....mcg	0.74		0		1		1.93	0.63	
Vitamin A, IU.....IU	7		0	NC	4		17	6	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		5	2	
Retinol.....mcg	2		0	NR	4		5	2	
Vitamin E (alpha-tocopherol).....mg	0.24		0	BFYN	4		0.62	0.20	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	5.300		0		1		13.833	4.505	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		0		1		0.026	0.009	
12:0.....g	0.010		0		1		0.026	0.009	
13:0.....g									
14:0.....g	0.180		0		1		0.470	0.153	
15:0.....g									
16:0.....g	3.270		0		1		8.535	2.780	
17:0.....g									
18:0.....g	1.710		0		1		4.463	1.454	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10227

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.550		0		1		17.096	5.568	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		0		1		1.227	0.400	
17:1.....g									
18:1 undifferentiated.....g	5.880		0		1		15.347	4.998	
20:1.....g	0.130		0		1		0.339	0.111	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.180		0		1		3.080	1.003	
18:2 undifferentiated.....g	1.020		0		1		2.662	0.867	
18:3 undifferentiated.....g	0.030		0		1		0.078	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.157	0.051	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		224	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.351		0		1		0.916	0.298	
Threonine.....g	1.266		0		1		3.304	1.076	
Isoleucine.....g	1.297		0		1		3.385	1.102	
Leucine.....g	2.226		0		1		5.810	1.892	
Lysine.....g	2.496		0		1		6.515	2.122	
Methionine.....g	0.733		0		1		1.913	0.623	
Cystine.....g	0.353		0		1		0.921	0.300	
Phenylalanine.....g	1.108		0		1		2.892	0.942	
Tyrosine.....g	0.965		0		1		2.519	0.820	
Valine.....g	1.505		0		1		3.928	1.279	
Arginine.....g	1.731		0		1		4.518	1.471	
Histidine.....g	1.105		0		1		2.884	0.939	
Alanine.....g	1.620		0		1		4.228	1.377	
Aspartic acid.....g	2.572		0		1		6.713	2.186	
Glutamic acid.....g	4.336		0		1		11.317	3.686	
Glycine.....g	1.340		0		1		3.497	1.139	
Proline.....g	1.127		0		1		2.941	0.958	
Serine.....g	1.147		0		1		2.994	0.975	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 10227

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

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.83		0		1		18.95	303.14	
Energy.....kcal	200		0	NC	4		57	907	
Energy.....kj	837				4		237	3796	
Protein (N x 6.25).....g	19.53		0		1		5.54	88.59	
Total lipid (fat).....g	12.90		0		1		3.66	58.51	
Ash.....g	0.96		0		1		0.27	4.35	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		0		1		5	86	
Iron, Fe.....mg	0.82		0		1		0.23	3.72	
Magnesium, Mg.....mg	21		0		1		6	95	
Phosphorus, P.....mg	195		0		1		55	885	
Potassium, K.....mg	352		0		1		100	1597	
Sodium, Na.....mg	51		0		1		14	231	
Zinc, Zn.....mg	1.87		0		1		0.53	8.48	
Copper, Cu.....mg	0.059		0		1		0.017	0.268	
Manganese, Mn.....mg	0.011		0		1		0.003	0.050	
Selenium, Se.....mcg	28.3		0	PAE	4		8.0	128.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		0.2	2.7	
Thiamin.....mg	0.892		0		1		0.253	4.046	
Riboflavin.....mg	0.253		0		1		0.072	1.148	
Niacin.....mg	4.492		0		1		1.273	20.376	
Pantothenic acid.....mg	0.729		0		1		0.207	3.307	
Vitamin B-6.....mg	0.456		0		1		0.129	2.068	
Folate, total.....mcg	5		0		1		1	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		1	23	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23	
Vitamin B-12.....mcg	0.63		0		1		0.18	2.86	
Vitamin A, IU.....IU	7		0	NC	4		2	30	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	9	
Retinol.....mcg	2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol).....mg	0.18		0	PIK	4		0.05	0.80	
Tocopherol, beta.....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.470		0		1		1.267	20.276	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		0		1		0.003	0.045	
12:0.....g	0.010		0		1		0.003	0.045	
13:0.....g		</							

NDB No. 10226

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.750		0		1		1.630	26.082	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.105	1.678	
17:1.....g									
18:1 undifferentiated.....g	5.270		0		1		1.494	23.905	
20:1.....g	0.100		0		1		0.028	0.454	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.370		0		1		0.388	6.214	
18:2 undifferentiated.....g	1.140		0		1		0.323	5.171	
18:3 undifferentiated.....g	0.090		0		1		0.026	0.408	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.023	0.363	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		1		18	290	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.242		0		1		0.069	1.098	
Threonine.....g	0.882		0		1		0.250	4.001	
Isoleucine.....g	0.900		0		1		0.255	4.082	
Leucine.....g	1.556		0		1		0.441	7.058	
Lysine.....g	1.748		0		1		0.496	7.929	
Methionine.....g	0.508		0		1		0.144	2.304	
Cystine.....g	0.246		0		1		0.070	1.116	
Phenylalanine.....g	0.776		0		1		0.220	3.520	
Tyrosine.....g	0.668		0		1		0.189	3.030	
Valine.....g	1.052		0		1		0.298	4.772	
Arginine.....g	1.233		0		1		0.350	5.593	
Histidine.....g	0.761		0		1		0.216	3.452	
Alanine.....g	1.146		0		1		0.325	5.198	
Aspartic acid.....g	1.795		0		1		0.509	8.142	
Glutamic acid.....g	3.011		0		1		0.854	13.658	
Glycine.....g	1.011		0		1		0.287	4.586	
Proline.....g	0.830		0		1		0.235	3.765	
Serine.....g	0.807		0		1		0.229	3.661	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10226
Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10229

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.220		0		1		9.959	3.587	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.732	0.264	
17:1.....g									
18:1 undifferentiated.....g	3.780		0		1		8.921	3.213	
20:1.....g	0.090		0		1		0.212	0.077	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0		1		1.676	0.604	
18:2 undifferentiated.....g	0.610		0		1		1.440	0.519	
18:3 undifferentiated.....g	0.020		0		1		0.047	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.118	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		201	72	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.374		0		1		0.883	0.318	
Threonine.....g	1.346		0		1		3.177	1.144	
Isoleucine.....g	1.380		0		1		3.257	1.173	
Leucine.....g	2.364		0		1		5.579	2.009	
Lysine.....g	2.650		0		1		6.254	2.253	
Methionine.....g	0.780		0		1		1.841	0.663	
Cystine.....g	0.376		0		1		0.887	0.320	
Phenylalanine.....g	1.176		0		1		2.775	1.000	
Tyrosine.....g	1.027		0		1		2.424	0.873	
Valine.....g	1.599		0		1		3.774	1.359	
Arginine.....g	1.832		0		1		4.324	1.557	
Histidine.....g	1.177		0		1		2.778	1.000	
Alanine.....g	1.717		0		1		4.052	1.459	
Aspartic acid.....g	2.733		0		1		6.450	2.323	
Glutamic acid.....g	4.613		0		1		10.887	3.921	
Glycine.....g	1.399		0		1		3.302	1.189	
Proline.....g	1.184		0		1		2.794	1.006	
Serine.....g	1.217		0		1		2.872	1.034	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10228

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.660		0		1		0.754	12.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.054	0.862	
17:1.....g									
18:1 undifferentiated.....g	2.410		0		1		0.683	10.932	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.179	2.858	
18:2 undifferentiated.....g	0.510		0		1		0.145	2.313	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.020	0.318	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		17	272	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.270		0		1		0.077	1.225	
Threonine.....g	0.970		0		1		0.275	4.400	
Isoleucine.....g	0.994		0		1		0.282	4.509	
Leucine.....g	1.704		0		1		0.483	7.729	
Lysine.....g	1.909		0		1		0.541	8.659	
Methionine.....g	0.562		0		1		0.159	2.549	
Cystine.....g	0.271		0		1		0.077	1.229	
Phenylalanine.....g	0.848		0		1		0.240	3.847	
Tyrosine.....g	0.740		0		1		0.210	3.357	
Valine.....g	1.152		0		1		0.327	5.225	
Arginine.....g	1.320		0		1		0.374	5.988	
Histidine.....g	0.848		0		1		0.240	3.847	
Alanine.....g	1.237		0		1		0.351	5.611	
Aspartic acid.....g	1.969		0		1		0.558	8.931	
Glutamic acid.....g	3.324		0		1		0.942	15.078	
Glycine.....g	1.008		0		1		0.286	4.572	
Proline.....g	0.853		0		1		0.242	3.869	
Serine.....g	0.877		0		1		0.249	3.978	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.75	0.678	13		1		165.11	44.84	
Energy.....kcal	297		0	NC	4		930	252	
Energy.....kj	1243				4		3889	1056	
Protein (N x 6.25).....g	25.69	0.484	13		1		80.41	21.84	
Total lipid (fat).....g	20.77	0.975	13		1		65.01	17.65	
Ash.....g	1.29	0.153	13		1		4.04	1.10	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22	4.083	5		1		69	19	
Iron, Fe.....mg	1.29	0.034	5		1		4.04	1.10	
Magnesium, Mg.....mg	24	0.542	5		1		75	20	
Phosphorus, P.....mg	226	5.513	5		1		707	192	
Potassium, K.....mg	362	8.274	5		1		1133	308	
Sodium, Na.....mg	73	2.225	4		1		228	62	
Zinc, Zn.....mg	3.21	0.209	5		1		10.05	2.73	
Copper, Cu.....mg	0.044	0.017	5		1		0.138	0.037	
Manganese, Mn.....mg	0.011		0		1		0.034	0.009	
Selenium, Se.....mcg	35.4	5.085	5	A	1		110.8	30.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		2.2	0.6	
Thiamin.....mg	0.706		0		1		2.210	0.600	
Riboflavin.....mg	0.220		0		1		0.689	0.187	
Niacin.....mg	4.206		0		1		13.165	3.575	
Pantothenic acid.....mg	0.520		0		1		1.628	0.442	
Vitamin B-6.....mg	0.391		0		1		1.224	0.332	
Folate, total.....mcg	6		0		1		19	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		19	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		19	5	
Vitamin B-12.....mcg	0.54		0		1		1.69	0.46	
Vitamin A, IU.....IU	7		0	NC	4		21	6	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		6	2	
Retinol.....mcg	2		0	NR	4		6	2	
Vitamin E (alpha-tocopherol).....mg	0.21		0	BFSN	4		0.66	0.18	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	7.720		0		1		24.164	6.562	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		13		1		0.031	0.009	
12:0.....g	0.010		13		1		0.031	0.009	

NDB No. 10220
Pork, fresh, ground, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.250		0		1		28.953	7.863	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.630		13		1		1.972	0.536	
17:1.....g									
18:1 undifferentiated.....g	8.330		13		1		26.073	7.081	
20:1.....g	0.150		13		1		0.470	0.128	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.870		0		1		5.853	1.590	
18:2 undifferentiated.....g	1.640		13		1		5.133	1.394	
18:3 undifferentiated.....g	0.070		13		1		0.219	0.060	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		13		1		0.250	0.068	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94	1.921	13		1		294	80	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.326		0		1		1.020	0.277	
Threonine.....g	1.173		0		1		3.671	0.997	
Isoleucine.....g	1.203		0		1		3.765	1.023	
Leucine.....g	2.061		0		1		6.451	1.752	
Lysine.....g	2.310		0		1		7.230	1.964	
Methionine.....g	0.680		0		1		2.128	0.578	
Cystine.....g	0.328		0		1		1.027	0.279	
Phenylalanine.....g	1.025		0		1		3.208	0.871	
Tyrosine.....g	0.895		0		1		2.801	0.761	
Valine.....g	1.394		0		1		4.363	1.185	
Arginine.....g	1.597		0		1		4.999	1.357	
Histidine.....g	1.026		0		1		3.211	0.872	
Alanine.....g	1.497		0		1		4.686	1.272	
Aspartic acid.....g	2.383		0		1		7.459	2.026	
Glutamic acid.....g	4.022		0		1		12.589	3.419	
Glycine.....g	1.220		0		1		3.819	1.037	
Proline.....g	1.032		0		1		3.230	0.877	
Serine.....g	1.061		0		1		3.321	0.902	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 10220
Pork, fresh, ground, cooked

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10219
Pork, fresh, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	9.440		0		1		2.676	10.667	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		13		1		0.184	0.735	
17:1.....g									
18:1 undifferentiated.....g	8.500		13		1		2.410	9.605	
20:1.....g	0.160		13		1		0.045	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.910		0		1		0.541	2.158	
18:2 undifferentiated.....g	1.670		13		1		0.473	1.887	
18:3 undifferentiated.....g	0.070		13		1		0.020	0.079	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		13		1		0.023	0.090	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		1		1		20	81	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.214		0		1		0.061	0.242	
Threonine.....g	0.771		0		1		0.219	0.871	
Isoleucine.....g	0.790		0		1		0.224	0.893	
Leucine.....g	1.354		0		1		0.384	1.530	
Lysine.....g	1.518		0		1		0.430	1.715	
Methionine.....g	0.447		0		1		0.127	0.505	
Cystine.....g	0.215		0		1		0.061	0.243	
Phenylalanine.....g	0.674		0		1		0.191	0.762	
Tyrosine.....g	0.588		0		1		0.167	0.664	
Valine.....g	0.916		0		1		0.260	1.035	
Arginine.....g	1.049		0		1		0.297	1.185	
Histidine.....g	0.674		0		1		0.191	0.762	
Alanine.....g	0.983		0		1		0.279	1.111	
Aspartic acid.....g	1.566		0		1		0.444	1.770	
Glutamic acid.....g	2.642		0		1		0.749	2.985	
Glycine.....g	0.802		0		1		0.227	0.906	
Proline.....g	0.678		0		1		0.192	0.766	
Serine.....g	0.697		0		1		0.198	0.788	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10013

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.370		0		1		8.600	5.415	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.554	0.349	
17:1.....g									
18:1 undifferentiated.....g	5.840		0		1		7.884	4.964	
20:1.....g	0.090		0		1		0.122	0.077	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.380		0		1		1.863	1.173	
18:2 undifferentiated.....g	1.250		0		1		1.688	1.063	
18:3 undifferentiated.....g	0.040		0		1		0.054	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.081	0.051	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		130	82	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.354		0		1		0.478	0.301	
Threonine.....g	1.299		0		1		1.754	1.104	
Isoleucine.....g	1.324		0		1		1.787	1.125	
Leucine.....g	2.295		0		1		3.098	1.951	
Lysine.....g	2.581		0		1		3.484	2.194	
Methionine.....g	0.748		0		1		1.010	0.636	
Cystine.....g	0.362		0		1		0.489	0.308	
Phenylalanine.....g	1.147		0		1		1.548	0.975	
Tyrosine.....g	0.983		0		1		1.327	0.836	
Valine.....g	1.553		0		1		2.097	1.320	
Arginine.....g	1.831		0		1		2.472	1.556	
Histidine.....g	1.117		0		1		1.508	0.949	
Alanine.....g	1.699		0		1		2.294	1.444	
Aspartic acid.....g	2.647		0		1		3.573	2.250	
Glutamic acid.....g	4.431		0		1		5.982	3.766	
Glycine.....g	1.532		0		1		2.068	1.302	
Proline.....g	1.248		0		1		1.685	1.061	
Serine.....g	1.193		0		1		1.611	1.014	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10013
Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10012

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.980		0		1		1.979	31.661	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.125	1.996	
17:1.....g									
18:1 undifferentiated.....g	6.410		0		1		1.817	29.076	
20:1.....g	0.120		0		1		0.034	0.544	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.680		0		1		0.476	7.620	
18:2 undifferentiated.....g	1.400		0		1		0.397	6.350	
18:3 undifferentiated.....g	0.120		0		1		0.034	0.544	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.023	0.363	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0		1		19	299	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.228		0		1		0.065	1.034	
Threonine.....g	0.840		0		1		0.238	3.810	
Isoleucine.....g	0.855		0		1		0.242	3.878	
Leucine.....g	1.486		0		1		0.421	6.740	
Lysine.....g	1.672		0		1		0.474	7.584	
Methionine.....g	0.483		0		1		0.137	2.191	
Cystine.....g	0.234		0		1		0.066	1.061	
Phenylalanine.....g	0.743		0		1		0.211	3.370	
Tyrosine.....g	0.634		0		1		0.180	2.876	
Valine.....g	1.006		0		1		0.285	4.563	
Arginine.....g	1.194		0		1		0.338	5.416	
Histidine.....g	0.720		0		1		0.204	3.266	
Alanine.....g	1.105		0		1		0.313	5.012	
Aspartic acid.....g	1.713		0		1		0.486	7.770	
Glutamic acid.....g	2.862		0		1		0.811	12.982	
Glycine.....g	1.018		0		1		0.289	4.618	
Proline.....g	0.823		0		1		0.233	3.733	
Serine.....g	0.774		0		1		0.219	3.511	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10015
Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.770		0		1		5.090	3.205	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		17		1		0.338	0.213	
17:1.....g									
18:1 undifferentiated.....g	3.470		17		1		4.685	2.950	
20:1.....g	0.050		17		1		0.068	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		1.026	0.646	
18:2 undifferentiated.....g	0.690		17		1		0.932	0.587	
18:3 undifferentiated.....g	0.020		17		1		0.027	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		17		1		0.068	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	96	2.312	11		1		130	82	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.393		0		1		0.531	0.334	
Threonine.....g	1.413		0		1		1.908	1.201	
Isoleucine.....g	1.449		0		1		1.956	1.232	
Leucine.....g	2.482		0		1		3.351	2.110	
Lysine.....g	2.782		0		1		3.756	2.365	
Methionine.....g	0.819		0		1		1.106	0.696	
Cystine.....g	0.395		0		1		0.533	0.336	
Phenylalanine.....g	1.235		0		1		1.667	1.050	
Tyrosine.....g	1.078		0		1		1.455	0.916	
Valine.....g	1.678		0		1		2.265	1.426	
Arginine.....g	1.923		0		1		2.596	1.635	
Histidine.....g	1.236		0		1		1.669	1.051	
Alanine.....g	1.802		0		1		2.433	1.532	
Aspartic acid.....g	2.870		0		1		3.875	2.440	
Glutamic acid.....g	4.843		0		1		6.538	4.117	
Glycine.....g	1.469		0		1		1.983	1.249	
Proline.....g	1.243		0		1		1.678	1.057	
Serine.....g	1.278		0		1		1.725	1.086	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10014

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.340		0		1		0.663	10.614	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		378		1		0.045	0.726	
17:1.....g									
18:1 undifferentiated.....g	2.130		378		1		0.604	9.662	
20:1.....g	0.040		71		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.560		0		1		0.159	2.540	
18:2 undifferentiated.....g	0.450		378		1		0.128	2.041	
18:3 undifferentiated.....g	0.020		190		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		315		1		0.017	0.272	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61	1.006	11		1		17	277	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.270		0		1		0.077	1.225	
Threonine.....g	0.970		0		1		0.275	4.400	
Isoleucine.....g	0.995		0		1		0.282	4.513	
Leucine.....g	1.705		0		1		0.483	7.734	
Lysine.....g	1.910		0		1		0.541	8.664	
Methionine.....g	0.562		0		1		0.159	2.549	
Cystine.....g	0.271		0		1		0.077	1.229	
Phenylalanine.....g	0.848		0		1		0.240	3.847	
Tyrosine.....g	0.740		0		1		0.210	3.357	
Valine.....g	1.153		0		1		0.327	5.230	
Arginine.....g	1.321		0		1		0.375	5.992	
Histidine.....g	0.849		0		1		0.241	3.851	
Alanine.....g	1.238		0		1		0.351	5.616	
Aspartic acid.....g	1.970		0		1		0.558	8.936	
Glutamic acid.....g	3.326		0		1		0.943	15.087	
Glycine.....g	1.009		0		1		0.286	4.577	
Proline.....g	0.853		0		1		0.242	3.869	
Serine.....g	0.878		0		1		0.249	3.983	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10017

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	9.020		0		1		12.177	7.667	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.570		0		1		0.770	0.485	
17:1.....g									
18:1 undifferentiated.....g	8.270		0		1		11.165	7.030	
20:1.....g	0.130		0		1		0.176	0.111	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0		1		2.552	1.607	
18:2 undifferentiated.....g	1.710		0		1		2.309	1.454	
18:3 undifferentiated.....g	0.060		0		1		0.081	0.051	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.108	0.068	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		124	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.301		0		1		0.406	0.256	
Threonine.....g	1.125		0		1		1.519	0.956	
Isoleucine.....g	1.141		0		1		1.540	0.970	
Leucine.....g	1.997		0		1		2.696	1.697	
Lysine.....g	2.253		0		1		3.042	1.915	
Methionine.....g	0.644		0		1		0.869	0.547	
Cystine.....g	0.313		0		1		0.423	0.266	
Phenylalanine.....g	1.001		0		1		1.351	0.851	
Tyrosine.....g	0.845		0		1		1.141	0.718	
Valine.....g	1.353		0		1		1.827	1.150	
Arginine.....g	1.634		0		1		2.206	1.389	
Histidine.....g	0.954		0		1		1.288	0.811	
Alanine.....g	1.503		0		1		2.029	1.278	
Aspartic acid.....g	2.299		0		1		3.104	1.954	
Glutamic acid.....g	3.821		0		1		5.158	3.248	
Glycine.....g	1.465		0		1		1.978	1.245	
Proline.....g	1.161		0		1		1.567	0.987	
Serine.....g	1.046		0		1		1.412	0.889	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Proximates:</u>									
Water.....g	60.87		0		1		17.26	276.11	
Energy.....kcal	263		0	NC	4		75	1193	
Energy.....kj	1100				4		312	4991	
Protein (N x 6.25).....g	17.08		0		1		4.84	77.47	
Total lipid (fat).....g	21.02		0		1		5.96	95.35	
Ash.....g	0.84		0		1		0.24	3.81	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg	6		0		1		2	27	
Iron, Fe.....mg	0.78		0		1		0.22	3.54	
Magnesium, Mg.....mg	19		0		1		5	86	
Phosphorus, P.....mg	192		0		1		54	871	
Potassium, K.....mg	285		0		1		81	1293	
Sodium, Na.....mg	55		0		1		16	249	
Zinc, Zn.....mg	1.91		0		1		0.54	8.66	
Copper, Cu.....mg	0.063		0		1		0.018	0.286	
Manganese, Mn.....mg	0.011		0		1		0.003	0.050	
Selenium, Se.....mcg	28.7		0	PIE	4		8.1	130.2	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.2	3.2	
Thiamin.....mg	0.726		0		1		0.206	3.293	
Riboflavin.....mg	0.233		0		1		0.066	1.057	
Niacin.....mg	3.909		0		1		1.108	17.731	
Pantothenic acid.....mg	0.672		0		1		0.191	3.048	
Vitamin B-6.....mg	0.393		0		1		0.111	1.783	
Folate, total.....mcg	4		0		1		1	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12.....mcg	0.60		0		1		0.17	2.72	
Vitamin A, IU.....IU	7		0		1		2	32	
Vitamin A, RAE.....mcg_RAE	2		0		1		1	10	
Retinol.....mcg	2		0		1		1	10	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	7.290		0		1		2.067	33.067	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.020		0		1		0.006	0.091	
12:0.....g	0.020		0		1		0.006	0.091	
13:0.....g									
14:0.....g	0.260		0		1		0.074	1.179	
15:0.....g									

NDB No. 10016

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.340		0		1		2.648	42.366	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		0		1		0.164	2.631	
17:1.....g									
18:1 undifferentiated.....g	8.580		0		1		2.432	38.919	
20:1.....g	0.160		0		1		0.045	0.726	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.240		0		1		0.635	10.161	
18:2 undifferentiated.....g	1.880		0		1		0.533	8.528	
18:3 undifferentiated.....g	0.160		0		1		0.045	0.726	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.026	0.408	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		19	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.202		0		1		0.057	0.916	
Threonine.....g	0.757		0		1		0.215	3.434	
Isoleucine.....g	0.767		0		1		0.217	3.479	
Leucine.....g	1.344		0		1		0.381	6.096	
Lysine.....g	1.517		0		1		0.430	6.881	
Methionine.....g	0.432		0		1		0.122	1.960	
Cystine.....g	0.210		0		1		0.060	0.953	
Phenylalanine.....g	0.674		0		1		0.191	3.057	
Tyrosine.....g	0.567		0		1		0.161	2.572	
Valine.....g	0.911		0		1		0.258	4.132	
Arginine.....g	1.104		0		1		0.313	5.008	
Histidine.....g	0.640		0		1		0.181	2.903	
Alanine.....g	1.014		0		1		0.287	4.600	
Aspartic acid.....g	1.547		0		1		0.439	7.017	
Glutamic acid.....g	2.568		0		1		0.728	11.648	
Glycine.....g	0.999		0		1		0.283	4.531	
Proline.....g	0.789		0		1		0.224	3.579	
Serine.....g	0.705		0		1		0.200	3.198	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10019
Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.020		0		1		6.777	4.267	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		17		1		0.446	0.281	
17:1.....g									
18:1 undifferentiated.....g	4.630		17		1		6.251	3.936	
20:1.....g	0.060		17		1		0.081	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0		1		1.229	0.774	
18:2 undifferentiated.....g	0.820		17		1		1.107	0.697	
18:3 undifferentiated.....g	0.020		17		1		0.027	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		17		1		0.095	0.060	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	92	2.506	11		1		124	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.358		0		1		0.483	0.304	
Threonine.....g	1.288		0		1		1.739	1.095	
Isoleucine.....g	1.321		0		1		1.783	1.123	
Leucine.....g	2.263		0		1		3.055	1.924	
Lysine.....g	2.537		0		1		3.425	2.156	
Methionine.....g	0.747		0		1		1.008	0.635	
Cystine.....g	0.360		0		1		0.486	0.306	
Phenylalanine.....g	1.126		0		1		1.520	0.957	
Tyrosine.....g	0.983		0		1		1.327	0.836	
Valine.....g	1.530		0		1		2.066	1.301	
Arginine.....g	1.754		0		1		2.368	1.491	
Histidine.....g	1.127		0		1		1.521	0.958	
Alanine.....g	1.643		0		1		2.218	1.397	
Aspartic acid.....g	2.617		0		1		3.533	2.224	
Glutamic acid.....g	4.416		0		1		5.962	3.754	
Glycine.....g	1.339		0		1		1.808	1.138	
Proline.....g	1.133		0		1		1.530	0.963	
Serine.....g	1.165		0		1		1.573	0.990	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10018

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

Refuse: 38% Bone and skin 18%, separable fat 20%

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

NDB No. 10018

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	2.540		0		1		0.720	11.521	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		378		1		0.051	0.816	
17:1.....g									
18:1 undifferentiated.....g	2.310		378		1		0.655	10.478	
20:1.....g	0.040		71		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.610		0		1		0.173	2.767	
18:2 undifferentiated.....g	0.490		378		1		0.139	2.223	
18:3 undifferentiated.....g	0.020		190		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		315		1		0.020	0.318	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60	1.280	11		1		17	272	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.262		0		1		0.074	1.188	
Threonine.....g	0.942		0		1		0.267	4.273	
Isoleucine.....g	0.966		0		1		0.274	4.382	
Leucine.....g	1.654		0		1		0.469	7.503	
Lysine.....g	1.854		0		1		0.526	8.410	
Methionine.....g	0.546		0		1		0.155	2.477	
Cystine.....g	0.263		0		1		0.075	1.193	
Phenylalanine.....g	0.823		0		1		0.233	3.733	
Tyrosine.....g	0.718		0		1		0.204	3.257	
Valine.....g	1.119		0		1		0.317	5.076	
Arginine.....g	1.282		0		1		0.363	5.815	
Histidine.....g	0.824		0		1		0.234	3.738	
Alanine.....g	1.201		0		1		0.340	5.448	
Aspartic acid.....g	1.913		0		1		0.542	8.677	
Glutamic acid.....g	3.228		0		1		0.915	14.642	
Glycine.....g	0.979		0		1		0.278	4.441	
Proline.....g	0.828		0		1		0.235	3.756	
Serine.....g	0.852		0		1		0.242	3.865	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10009

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.880		0		1		10.638	6.698	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.675	0.425	
17:1.....g									
18:1 undifferentiated.....g	7.230		0		1		9.761	6.146	
20:1.....g	0.120		0		1		0.162	0.102	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.680		0		1		2.268	1.428	
18:2 undifferentiated.....g	1.520		0		1		2.052	1.292	
18:3 undifferentiated.....g	0.050		0		1		0.068	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.095	0.060	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		127	80	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.324		0		1		0.437	0.275	
Threonine.....g	1.198		0		1		1.617	1.018	
Isoleucine.....g	1.218		0		1		1.644	1.035	
Leucine.....g	2.122		0		1		2.865	1.804	
Lysine.....g	2.390		0		1		3.227	2.032	
Methionine.....g	0.687		0		1		0.927	0.584	
Cystine.....g	0.333		0		1		0.450	0.283	
Phenylalanine.....g	1.062		0		1		1.434	0.903	
Tyrosine.....g	0.903		0		1		1.219	0.768	
Valine.....g	1.437		0		1		1.940	1.221	
Arginine.....g	1.717		0		1		2.318	1.459	
Histidine.....g	1.022		0		1		1.380	0.869	
Alanine.....g	1.585		0		1		2.140	1.347	
Aspartic acid.....g	2.445		0		1		3.301	2.078	
Glutamic acid.....g	4.077		0		1		5.504	3.465	
Glycine.....g	1.493		0		1		2.016	1.269	
Proline.....g	1.198		0		1		1.617	1.018	
Serine.....g	1.108		0		1		1.496	0.942	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10009
Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10008

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.380		0		1		2.376	38.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.150	2.404	
17:1.....g									
18:1 undifferentiated.....g	7.700		0		1		2.183	34.927	
20:1.....g	0.140		0		1		0.040	0.635	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.010		0		1		0.570	9.117	
18:2 undifferentiated.....g	1.690		0		1		0.479	7.666	
18:3 undifferentiated.....g	0.140		0		1		0.040	0.635	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.026	0.408	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	331	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0		1		0.059	0.943	
Threonine.....g	0.776		0		1		0.220	3.520	
Isoleucine.....g	0.787		0		1		0.223	3.570	
Leucine.....g	1.376		0		1		0.390	6.242	
Lysine.....g	1.550		0		1		0.439	7.031	
Methionine.....g	0.444		0		1		0.126	2.014	
Cystine.....g	0.216		0		1		0.061	0.980	
Phenylalanine.....g	0.689		0		1		0.195	3.125	
Tyrosine.....g	0.583		0		1		0.165	2.644	
Valine.....g	0.931		0		1		0.264	4.223	
Arginine.....g	1.120		0		1		0.318	5.080	
Histidine.....g	0.659		0		1		0.187	2.989	
Alanine.....g	1.032		0		1		0.293	4.681	
Aspartic acid.....g	1.584		0		1		0.449	7.185	
Glutamic acid.....g	2.636		0		1		0.747	11.957	
Glycine.....g	0.992		0		1		0.281	4.500	
Proline.....g	0.790		0		1		0.224	3.583	
Serine.....g	0.720		0		1		0.204	3.266	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10011

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.450		0		1		6.008	3.783	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		28		1		0.405	0.255	
17:1.....g									
18:1 undifferentiated.....g	4.090		28		1		5.522	3.477	
20:1.....g	0.060		28		1		0.081	0.051	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		1.148	0.723	
18:2 undifferentiated.....g	0.770		28		1		1.040	0.655	
18:3 undifferentiated.....g	0.020		28		1		0.027	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		28		1		0.081	0.051	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94	2.484	11		1		127	80	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.374		0		1		0.505	0.318	
Threonine.....g	1.343		0		1		1.813	1.142	
Isoleucine.....g	1.377		0		1		1.859	1.170	
Leucine.....g	2.360		0		1		3.186	2.006	
Lysine.....g	2.645		0		1		3.571	2.248	
Methionine.....g	0.779		0		1		1.052	0.662	
Cystine.....g	0.375		0		1		0.506	0.319	
Phenylalanine.....g	1.174		0		1		1.585	0.998	
Tyrosine.....g	1.025		0		1		1.384	0.871	
Valine.....g	1.595		0		1		2.153	1.356	
Arginine.....g	1.828		0		1		2.468	1.554	
Histidine.....g	1.175		0		1		1.586	0.999	
Alanine.....g	1.713		0		1		2.313	1.456	
Aspartic acid.....g	2.728		0		1		3.683	2.319	
Glutamic acid.....g	4.604		0		1		6.215	3.913	
Glycine.....g	1.396		0		1		1.885	1.187	
Proline.....g	1.181		0		1		1.594	1.004	
Serine.....g	1.215		0		1		1.640	1.033	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10011

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, fresh, leg (ham), whole, separable lean only, raw

Refuse: 35% Bone and skin 17%, separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.90	0.177	51		1		20.67	330.67	
Energy.....kcal	136		0	NC	4		39	617	
Energy.....kj	569				4		161	2581	
Protein (N x 6.25).....g	20.48	0.139	53		1		5.81	92.90	
Total lipid (fat).....g	5.41	0.190	51		1		1.53	24.54	
Ash.....g	1.05	0.009	37		1		0.30	4.76	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.339	38		1		2	27	
Iron, Fe.....mg	1.01	0.024	167		1		0.29	4.58	
Magnesium, Mg.....mg	25	0.431	25		1		7	113	
Phosphorus, P.....mg	229	3.895	11		1		65	1039	
Potassium, K.....mg	369	3.071	149		1		105	1674	
Sodium, Na.....mg	55	1.099	123		1		16	249	
Zinc, Zn.....mg	2.27	0.105	27		1		0.64	10.30	
Copper, Cu.....mg	0.075	0.002	51		1		0.021	0.340	
Manganese, Mn.....mg	0.029		0		1		0.008	0.132	
Selenium, Se.....mcg	35.4		0	BFNN	4		10.0	160.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.3	4.1	
Thiamin.....mg	0.875	0.027	47		1		0.248	3.969	
Riboflavin.....mg	0.228	0.010	46		1		0.065	1.034	
Niacin.....mg	5.338	0.140	34		1		1.513	24.213	
Pantothenic acid.....mg	0.805		0		1		0.228	3.651	
Vitamin B-6.....mg	0.500		0		1		0.142	2.268	
Folate, total.....mcg	9	3.150	4		1		3	41	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9	3.150	4		1		3	41	
Folate, DFE.....mcg_DFE	9		0	NC	4		3	41	
Vitamin B-12.....mcg	0.71	0.056	11		1		0.20	3.22	
Vitamin A, IU.....IU	7		0	NC	4		2	30	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	9	
Retinol.....mcg	2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol).....mg	0.17		0	BFSN	4		0.05	0.79	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.870		0		1		0.530	8.482	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		73		1		0.003	0.045	
12:0.....g	0.010		75		1		0.003	0.045	
13:0.....g									
14:0.....g	0.070		378		1		0.020	0.318	
15:0.....g									
16:0.....g	1.190		378		1		0.337	5.398	
17:0.....g									
18:0.....g	0.580		378		1		0.164	2.631	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10010

Pork, fresh, leg (ham), whole, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.440		0		1		0.692	11.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		378		1		0.048	0.771	
17:1.....g									
18:1 undifferentiated.....g	2.220		378		1		0.629	10.070	
20:1.....g	0.040		71		1		0.011	0.181	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0		1		0.164	2.631	
18:2 undifferentiated.....g	0.470		378		1		0.133	2.132	
18:3 undifferentiated.....g	0.020		190		1		0.006	0.091	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		315		1		0.020	0.318	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	3.212	25		1		19	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.260		0		1		0.074	1.179	
Threonine.....g	0.935		0		1		0.265	4.241	
Isoleucine.....g	0.959		0		1		0.272	4.350	
Leucine.....g	1.643		0		1		0.466	7.453	
Lysine.....g	1.842		0		1		0.522	8.355	
Methionine.....g	0.542		0		1		0.154	2.459	
Cystine.....g	0.261		0		1		0.074	1.184	
Phenylalanine.....g	0.818		0		1		0.232	3.710	
Tyrosine.....g	0.714		0		1		0.202	3.239	
Valine.....g	1.111		0		1		0.315	5.039	
Arginine.....g	1.273		0		1		0.361	5.774	
Histidine.....g	0.818		0		1		0.232	3.710	
Alanine.....g	1.193		0		1		0.338	5.411	
Aspartic acid.....g	1.900		0		1		0.539	8.618	
Glutamic acid.....g	3.206		0		1		0.909	14.542	
Glycine.....g	0.972		0		1		0.276	4.409	
Proline.....g	0.823		0		1		0.233	3.733	
Serine.....g	0.846		0		1		0.240	3.837	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10010
Pork, fresh, leg (ham), whole, separable lean only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10028

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.730		0		1		48.671	11.803	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		3.084	0.748	
17:1.....g									
18:1 undifferentiated.....g	9.850		0		1		44.680	10.835	
20:1.....g	0.180		0		1		0.816	0.198	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.580		0		1		11.703	2.838	
18:2 undifferentiated.....g	2.160		0		1		9.798	2.376	
18:3 undifferentiated.....g	0.180		0		1		0.816	0.198	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.544	0.132	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		327	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.839	0.204	
Threonine.....g	0.698		0		1		3.166	0.768	
Isoleucine.....g	0.705		0		1		3.198	0.776	
Leucine.....g	1.241		0		1		5.629	1.365	
Lysine.....g	1.402		0		1		6.359	1.542	
Methionine.....g	0.398		0		1		1.805	0.438	
Cystine.....g	0.194		0		1		0.880	0.213	
Phenylalanine.....g	0.624		0		1		2.830	0.686	
Tyrosine.....g	0.521		0		1		2.363	0.573	
Valine.....g	0.841		0		1		3.815	0.925	
Arginine.....g	1.029		0		1		4.668	1.132	
Histidine.....g	0.586		0		1		2.658	0.645	
Alanine.....g	0.942		0		1		4.273	1.036	
Aspartic acid.....g	1.427		0		1		6.473	1.570	
Glutamic acid.....g	2.363		0		1		10.719	2.599	
Glycine.....g	0.954		0		1		4.327	1.049	
Proline.....g	0.746		0		1		3.384	0.821	
Serine.....g	0.653		0		1		2.962	0.718	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 453.6g: 1 lb

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10032

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.730		0		1		16.919	3.059	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		378		1		1.179	0.213	
17:1.....g									
18:1 undifferentiated.....g	3.390		378		1		15.377	2.780	
20:1.....g	0.060		71		1		0.272	0.049	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.890		0		1		4.037	0.730	
18:2 undifferentiated.....g	0.720		378		1		3.266	0.590	
18:3 undifferentiated.....g	0.030		190		1		0.136	0.025	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		315		1		0.454	0.082	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64	1.290	11		1		290	52	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		1.111	0.201	
Threonine.....g	0.880		0		1		3.992	0.722	
Isoleucine.....g	0.902		0		1		4.091	0.740	
Leucine.....g	1.546		0		1		7.013	1.268	
Lysine.....g	1.733		0		1		7.861	1.421	
Methionine.....g	0.510		0		1		2.313	0.418	
Cystine.....g	0.246		0		1		1.116	0.202	
Phenylalanine.....g	0.769		0		1		3.488	0.631	
Tyrosine.....g	0.671		0		1		3.044	0.550	
Valine.....g	1.045		0		1		4.740	0.857	
Arginine.....g	1.198		0		1		5.434	0.982	
Histidine.....g	0.770		0		1		3.493	0.631	
Alanine.....g	1.123		0		1		5.094	0.921	
Aspartic acid.....g	1.787		0		1		8.106	1.465	
Glutamic acid.....g	3.017		0		1		13.685	2.474	
Glycine.....g	0.915		0		1		4.150	0.750	
Proline.....g	0.774		0		1		3.511	0.635	
Serine.....g	0.796		0		1		3.611	0.653	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 453.6g: 1 lb

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10029

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.950		0		1		9.308	9.089	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.690		0		1		0.587	0.573	
17:1.....g									
18:1 undifferentiated.....g	9.960		0		1		8.466	8.267	
20:1.....g	0.200		0		1		0.170	0.166	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.330		0		1		1.981	1.934	
18:2 undifferentiated.....g	2.090		0		1		1.777	1.735	
18:3 undifferentiated.....g	0.070		0		1		0.060	0.058	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.050	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		72	71	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.250		0		1		0.213	0.208	
Threonine.....g	0.957		0		1		0.813	0.794	
Isoleucine.....g	0.964		0		1		0.819	0.800	
Leucine.....g	1.709		0		1		1.453	1.418	
Lysine.....g	1.934		0		1		1.644	1.605	
Methionine.....g	0.543		0		1		0.462	0.451	
Cystine.....g	0.265		0		1		0.225	0.220	
Phenylalanine.....g	0.861		0		1		0.732	0.715	
Tyrosine.....g	0.711		0		1		0.604	0.590	
Valine.....g	1.159		0		1		0.985	0.962	
Arginine.....g	1.441		0		1		1.225	1.196	
Histidine.....g	0.795		0		1		0.676	0.660	
Alanine.....g	1.312		0		1		1.115	1.089	
Aspartic acid.....g	1.962		0		1		1.668	1.628	
Glutamic acid.....g	3.231		0		1		2.746	2.682	
Glycine.....g	1.396		0		1		1.187	1.159	
Proline.....g	1.075		0		1		0.914	0.892	
Serine.....g	0.904		0		1		0.768	0.750	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10029
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10030

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.700		0		1		9.095	8.560	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		0.578	0.544	
17:1.....g									
18:1 undifferentiated.....g	9.730		0		1		8.271	7.784	
20:1.....g	0.190		0		1		0.162	0.152	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.260		0		1		1.921	1.808	
18:2 undifferentiated.....g	2.030		0		1		1.726	1.624	
18:3 undifferentiated.....g	0.070		0		1		0.060	0.056	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.048	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		73	69	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.260		0		1		0.221	0.208	
Threonine.....g	0.987		0		1		0.839	0.790	
Isoleucine.....g	0.997		0		1		0.847	0.798	
Leucine.....g	1.759		0		1		1.495	1.407	
Lysine.....g	1.989		0		1		1.691	1.591	
Methionine.....g	0.562		0		1		0.478	0.450	
Cystine.....g	0.274		0		1		0.233	0.219	
Phenylalanine.....g	0.885		0		1		0.752	0.708	
Tyrosine.....g	0.736		0		1		0.626	0.589	
Valine.....g	1.192		0		1		1.013	0.954	
Arginine.....g	1.469		0		1		1.249	1.175	
Histidine.....g	0.826		0		1		0.702	0.661	
Alanine.....g	1.342		0		1		1.141	1.074	
Aspartic acid.....g	2.021		0		1		1.718	1.617	
Glutamic acid.....g	3.339		0		1		2.838	2.671	
Glycine.....g	1.387		0		1		1.179	1.110	
Proline.....g	1.078		0		1		0.916	0.862	
Serine.....g	0.928		0		1		0.789	0.742	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10178

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.720		0		1		9.962	9.728	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0		1		0.612	0.598	
17:1.....g									
18:1 undifferentiated.....g	10.690		0		1		9.087	8.873	
20:1.....g	0.210		0		1		0.179	0.174	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.100		0		1		2.635	2.573	
18:2 undifferentiated.....g	2.770		0		1		2.355	2.299	
18:3 undifferentiated.....g	0.150		0		1		0.128	0.125	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.050	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		72	71	
Phytosterols.....mg	3		0		1		3	2	
Amino Acids:									
Tryptophan.....g	0.243		0		1		0.207	0.202	
Threonine.....g	0.935		0		1		0.795	0.776	
Isoleucine.....g	0.940		0		1		0.799	0.780	
Leucine.....g	1.672		0		1		1.421	1.388	
Lysine.....g	1.894		0		1		1.610	1.572	
Methionine.....g	0.529		0		1		0.450	0.439	
Cystine.....g	0.259		0		1		0.220	0.215	
Phenylalanine.....g	0.843		0		1		0.717	0.700	
Tyrosine.....g	0.693		0		1		0.589	0.575	
Valine.....g	1.134		0		1		0.964	0.941	
Arginine.....g	1.421		0		1		1.208	1.179	
Histidine.....g	0.773		0		1		0.657	0.642	
Alanine.....g	1.290		0		1		1.097	1.071	
Aspartic acid.....g	1.918		0		1		1.630	1.592	
Glutamic acid.....g	3.152		0		1		2.679	2.616	
Glycine.....g	1.400		0		1		1.190	1.162	
Proline.....g	1.071		0		1		0.910	0.889	
Serine.....g	0.887		0		1		0.754	0.736	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10178
Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10033

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.680		0		1		4.828	3.578	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.323	0.239	
17:1.....g									
18:1 undifferentiated.....g	5.130		0		1		4.361	3.232	
20:1.....g	0.120		0		1		0.102	0.076	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0		1		0.876	0.649	
18:2 undifferentiated.....g	0.910		0		1		0.774	0.573	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.019	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.025	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		71	52	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		0.270	0.200	
Threonine.....g	1.143		0		1		0.972	0.720	
Isoleucine.....g	1.172		0		1		0.996	0.738	
Leucine.....g	2.008		0		1		1.707	1.265	
Lysine.....g	2.250		0		1		1.913	1.418	
Methionine.....g	0.663		0		1		0.564	0.418	
Cystine.....g	0.319		0		1		0.271	0.201	
Phenylalanine.....g	0.999		0		1		0.849	0.629	
Tyrosine.....g	0.872		0		1		0.741	0.549	
Valine.....g	1.358		0		1		1.154	0.856	
Arginine.....g	1.556		0		1		1.323	0.980	
Histidine.....g	1.000		0		1		0.850	0.630	
Alanine.....g	1.458		0		1		1.239	0.919	
Aspartic acid.....g	2.321		0		1		1.973	1.462	
Glutamic acid.....g	3.918		0		1		3.330	2.468	
Glycine.....g	1.188		0		1		1.010	0.748	
Proline.....g	1.005		0		1		0.854	0.633	
Serine.....g	1.034		0		1		0.879	0.651	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10033
Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10034

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	6.040		0		1		5.134	3.805	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.340	0.252	
17:1.....g									
18:1 undifferentiated.....g	5.450		0		1		4.633	3.434	
20:1.....g	0.120		0		1		0.102	0.076	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.110		0		1		0.944	0.699	
18:2 undifferentiated.....g	0.980		0		1		0.833	0.617	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.019	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.025	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		71	53	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.322		0		1		0.274	0.203	
Threonine.....g	1.158		0		1		0.984	0.730	
Isoleucine.....g	1.187		0		1		1.009	0.748	
Leucine.....g	2.034		0		1		1.729	1.281	
Lysine.....g	2.280		0		1		1.938	1.436	
Methionine.....g	0.671		0		1		0.570	0.423	
Cystine.....g	0.323		0		1		0.275	0.203	
Phenylalanine.....g	1.012		0		1		0.860	0.638	
Tyrosine.....g	0.883		0		1		0.751	0.556	
Valine.....g	1.376		0		1		1.170	0.867	
Arginine.....g	1.576		0		1		1.340	0.993	
Histidine.....g	1.013		0		1		0.861	0.638	
Alanine.....g	1.477		0		1		1.255	0.931	
Aspartic acid.....g	2.352		0		1		1.999	1.482	
Glutamic acid.....g	3.969		0		1		3.374	2.500	
Glycine.....g	1.204		0		1		1.023	0.759	
Proline.....g	1.019		0		1		0.866	0.642	
Serine.....g	1.047		0		1		0.890	0.660	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

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

[illegible]

NDB No. 10120

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.250		0		1		5.313	3.938	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0		1		0.332	0.246	
17:1.....g									
18:1 undifferentiated.....g	5.670		0		1		4.820	3.572	
20:1.....g	0.120		0		1		0.102	0.076	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.950		0		1		1.658	1.229	
18:2 undifferentiated.....g	1.720		0		1		1.462	1.084	
18:3 undifferentiated.....g	0.130		0		1		0.111	0.082	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.025	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		70	52	
Phytosterols.....mg	4		0		1		3	3	
<u>Amino Acids:</u>									
Tryptophan.....g	0.314		0		1		0.267	0.198	
Threonine.....g	1.130		0		1		0.961	0.712	
Isoleucine.....g	1.158		0		1		0.984	0.730	
Leucine.....g	1.985		0		1		1.687	1.251	
Lysine.....g	2.225		0		1		1.891	1.402	
Methionine.....g	0.655		0		1		0.557	0.413	
Cystine.....g	0.316		0		1		0.269	0.199	
Phenylalanine.....g	0.988		0		1		0.840	0.622	
Tyrosine.....g	0.862		0		1		0.733	0.543	
Valine.....g	1.342		0		1		1.141	0.845	
Arginine.....g	1.538		0		1		1.307	0.969	
Histidine.....g	0.988		0		1		0.840	0.622	
Alanine.....g	1.441		0		1		1.225	0.908	
Aspartic acid.....g	2.295		0		1		1.951	1.446	
Glutamic acid.....g	3.873		0		1		3.292	2.440	
Glycine.....g	1.175		0		1		0.999	0.740	
Proline.....g	0.994		0		1		0.845	0.626	
Serine.....g	1.022		0		1		0.869	0.644	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10031

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	10.640		0		1		28.196	9.044	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		1.802	0.578	
17:1.....g									
18:1 undifferentiated.....g	9.650		0		1		25.573	8.203	
20:1.....g	0.200		0		1		0.530	0.170	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.160		0		1		5.724	1.836	
18:2 undifferentiated.....g	1.930		0		1		5.115	1.641	
18:3 undifferentiated.....g	0.070		0		1		0.186	0.060	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.159	0.051	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		1		246	79	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.278		0		1		0.737	0.236	
Threonine.....g	1.048		0		1		2.777	0.891	
Isoleucine.....g	1.060		0		1		2.809	0.901	
Leucine.....g	1.863		0		1		4.937	1.584	
Lysine.....g	2.104		0		1		5.576	1.788	
Methionine.....g	0.597		0		1		1.582	0.507	
Cystine.....g	0.291		0		1		0.771	0.247	
Phenylalanine.....g	0.936		0		1		2.480	0.796	
Tyrosine.....g	0.784		0		1		2.078	0.666	
Valine.....g	1.262		0		1		3.344	1.073	
Arginine.....g	1.540		0		1		4.081	1.309	
Histidine.....g	0.882		0		1		2.337	0.750	
Alanine.....g	1.412		0		1		3.742	1.200	
Aspartic acid.....g	2.142		0		1		5.676	1.821	
Glutamic acid.....g	3.550		0		1		9.408	3.018	
Glycine.....g	1.419		0		1		3.760	1.206	
Proline.....g	1.113		0		1		2.949	0.946	
Serine.....g	0.979		0		1		2.594	0.832	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10035

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.460		0		1		13.760	5.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		32		1		0.937	0.374	
17:1.....g									
18:1 undifferentiated.....g	5.810		32		1		12.375	4.939	
20:1.....g	0.140		15		1		0.298	0.119	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.100		0		1		2.343	0.935	
18:2 undifferentiated.....g	0.960		32		1		2.045	0.816	
18:3 undifferentiated.....g	0.030		32		1		0.064	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		32		1		0.107	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	93	0.862	15		1		198	79	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.338		0		1		0.720	0.287	
Threonine.....g	1.215		0		1		2.588	1.033	
Isoleucine.....g	1.246		0		1		2.654	1.059	
Leucine.....g	2.135		0		1		4.548	1.815	
Lysine.....g	2.392		0		1		5.095	2.033	
Methionine.....g	0.704		0		1		1.500	0.598	
Cystine.....g	0.339		0		1		0.722	0.288	
Phenylalanine.....g	1.062		0		1		2.262	0.903	
Tyrosine.....g	0.927		0		1		1.975	0.788	
Valine.....g	1.443		0		1		3.074	1.227	
Arginine.....g	1.654		0		1		3.523	1.406	
Histidine.....g	1.063		0		1		2.264	0.904	
Alanine.....g	1.550		0		1		3.302	1.318	
Aspartic acid.....g	2.468		0		1		5.257	2.098	
Glutamic acid.....g	4.165		0		1		8.871	3.540	
Glycine.....g	1.263		0		1		2.690	1.074	
Proline.....g	1.069		0		1		2.277	0.909	
Serine.....g	1.099		0		1		2.341	0.934	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10036

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.650		0		1		25.628	6.328	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		1		1.633	0.403	
17:1.....g									
18:1 undifferentiated.....g	5.190		0		1		23.542	5.813	
20:1.....g	0.090		0		1		0.408	0.101	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.360		0		1		6.169	1.523	
18:2 undifferentiated.....g	1.130		0		1		5.126	1.266	
18:3 undifferentiated.....g	0.090		0		1		0.408	0.101	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.318	0.078	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		304	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		1.125	0.278	
Threonine.....g	0.908		0		1		4.119	1.017	
Isoleucine.....g	0.926		0		1		4.200	1.037	
Leucine.....g	1.602		0		1		7.267	1.794	
Lysine.....g	1.800		0		1		8.165	2.016	
Methionine.....g	0.523		0		1		2.372	0.586	
Cystine.....g	0.253		0		1		1.148	0.283	
Phenylalanine.....g	0.800		0		1		3.629	0.896	
Tyrosine.....g	0.688		0		1		3.121	0.771	
Valine.....g	1.084		0		1		4.917	1.214	
Arginine.....g	1.272		0		1		5.770	1.425	
Histidine.....g	0.783		0		1		3.552	0.877	
Alanine.....g	1.182		0		1		5.362	1.324	
Aspartic acid.....g	1.848		0		1		8.383	2.070	
Glutamic acid.....g	3.099		0		1		14.057	3.471	
Glycine.....g	1.048		0		1		4.754	1.174	
Proline.....g	0.859		0		1		3.896	0.962	
Serine.....g	0.831		0		1		3.769	0.931	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 112g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10036
Pork, fresh, loin, center loin (chops or roasts), bone-in, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 35% Bone 26%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.55	0.190	15		1		329.09	71.10	
Energy.....kcal	140		0	NC	4		635	137	
Energy.....kj	586				4		2657	574	
Protein (N x 6.25).....g	22.04	0.119	232		1		99.97	21.60	
Total lipid (fat).....g	5.04	0.191	15		1		22.86	4.94	
Ash.....g	1.10	0.007	222		1		4.99	1.08	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	0.924	5		1		95	21	
Iron, Fe.....mg	0.83	0.032	201		1		3.76	0.81	
Magnesium, Mg.....mg	23	0.216	196		1		104	23	
Phosphorus, P.....mg	207	2.531	85		1		939	203	
Potassium, K.....mg	362	2.462	199		1		1642	355	
Sodium, Na.....mg	66	1.112	211		1		299	65	
Zinc, Zn.....mg	1.67	0.034	184		1		7.58	1.64	
Copper, Cu.....mg	0.056	0.003	17		1		0.254	0.055	
Manganese, Mn.....mg	0.015		0		1		0.068	0.015	
Selenium, Se.....mcg	32.5	2.811	10	A	1		147.4	31.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		4.5	1.0	
Thiamin.....mg	1.216	0.038	31		1		5.516	1.192	
Riboflavin.....mg	0.224	0.013	18		1		1.016	0.220	
Niacin.....mg	5.133	0.439	6		1		23.283	5.030	
Pantothenic acid.....mg	0.854		0		1		3.874	0.837	
Vitamin B-6.....mg	0.540		0		1		2.449	0.529	
Folate, total.....mcg	5	1.421	7		1		23	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5	1.421	7		1		23	5	
Folate, DFE.....mcg_DFE	5		0	NC	4		23	5	
Vitamin B-12.....mcg	0.58	0.131	5		1		2.63	0.57	
Vitamin A, IU.....IU	7		0	NC	4		30	7	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		9	2	
Retinol.....mcg	2		0	NR	4		9	2	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.80	0.17	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.740		0		1		7.893	1.705	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g									
10:0.....g	0.000		73		1		0.000	0.000	
12:0.....g	0.010		75		1		0.045	0.010	
13:0.....g									
14:0.....g	0.060		378		1		0.272	0.059	
15:0.....g									
16:0.....g	1.110		378		1		5.035	1.088	
17:0.....g									
18:0.....g	0.550		378		1		2.495	0.539	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10040

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.280		0		1		10.342	2.234	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		378		1		0.726	0.157	
17:1.....g									
18:1 undifferentiated.....g	2.070		378		1		9.390	2.029	
20:1.....g	0.040		71		1		0.181	0.039	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		1		2.449	0.529	
18:2 undifferentiated.....g	0.440		378		1		1.996	0.431	
18:3 undifferentiated.....g	0.020		190		1		0.091	0.020	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		315		1		0.272	0.059	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	63		1		1		286	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.280		0		1		1.270	0.274	
Threonine.....g	1.006		0		1		4.563	0.986	
Isoleucine.....g	1.032		0		1		4.681	1.011	
Leucine.....g	1.768		0		1		8.020	1.733	
Lysine.....g	1.982		0		1		8.990	1.942	
Methionine.....g	0.584		0		1		2.649	0.572	
Cystine.....g	0.281		0		1		1.275	0.275	
Phenylalanine.....g	0.880		0		1		3.992	0.862	
Tyrosine.....g	0.768		0		1		3.484	0.753	
Valine.....g	1.196		0		1		5.425	1.172	
Arginine.....g	1.370		0		1		6.214	1.343	
Histidine.....g	0.880		0		1		3.992	0.862	
Alanine.....g	1.284		0		1		5.824	1.258	
Aspartic acid.....g	2.044		0		1		9.272	2.003	
Glutamic acid.....g	3.450		0		1		15.649	3.381	
Glycine.....g	1.047		0		1		4.749	1.026	
Proline.....g	0.885		0		1		4.014	0.867	
Serine.....g	0.910		0		1		4.128	0.892	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 98g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10040
Pork, fresh, loin, center loin (chops or roasts), bone-in, separable lean only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10037

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.200		0		1		5.270	5.146	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0		1		0.366	0.357	
17:1.....g									
18:1 undifferentiated.....g	5.580		0		1		4.743	4.631	
20:1.....g	0.120		0		1		0.102	0.100	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0		1		1.054	1.029	
18:2 undifferentiated.....g	1.100		0		1		0.935	0.913	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.033	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.033	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		73	71	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.343		0		1		0.292	0.285	
Threonine.....g	1.257		0		1		1.068	1.043	
Isoleucine.....g	1.282		0		1		1.090	1.064	
Leucine.....g	2.220		0		1		1.887	1.843	
Lysine.....g	2.497		0		1		2.122	2.073	
Methionine.....g	0.724		0		1		0.615	0.601	
Cystine.....g	0.350		0		1		0.298	0.291	
Phenylalanine.....g	1.109		0		1		0.943	0.920	
Tyrosine.....g	0.951		0		1		0.808	0.789	
Valine.....g	1.503		0		1		1.278	1.247	
Arginine.....g	1.771		0		1		1.505	1.470	
Histidine.....g	1.081		0		1		0.919	0.897	
Alanine.....g	1.643		0		1		1.397	1.364	
Aspartic acid.....g	2.561		0		1		2.177	2.126	
Glutamic acid.....g	4.288		0		1		3.645	3.559	
Glycine.....g	1.480		0		1		1.258	1.228	
Proline.....g	1.206		0		1		1.025	1.001	
Serine.....g	1.154		0		1		0.981	0.958	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10038

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.860		0		1		4.981	4.805	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.391	0.377	
17:1.....g									
18:1 undifferentiated.....g	5.200		0		1		4.420	4.264	
20:1.....g	0.130		0		1		0.111	0.107	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.980		0		1		0.833	0.804	
18:2 undifferentiated.....g	0.840		0		1		0.714	0.689	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.025	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.041	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82	1.328	15		1		70	67	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.365		0		1		0.310	0.299	
Threonine.....g	1.311		0		1		1.114	1.075	
Isoleucine.....g	1.344		0		1		1.142	1.102	
Leucine.....g	2.304		0		1		1.958	1.889	
Lysine.....g	2.582		0		1		2.195	2.117	
Methionine.....g	0.760		0		1		0.646	0.623	
Cystine.....g	0.366		0		1		0.311	0.300	
Phenylalanine.....g	1.146		0		1		0.974	0.940	
Tyrosine.....g	1.000		0		1		0.850	0.820	
Valine.....g	1.558		0		1		1.324	1.278	
Arginine.....g	1.785		0		1		1.517	1.464	
Histidine.....g	1.147		0		1		0.975	0.941	
Alanine.....g	1.673		0		1		1.422	1.372	
Aspartic acid.....g	2.663		0		1		2.264	2.184	
Glutamic acid.....g	4.494		0		1		3.820	3.685	
Glycine.....g	1.363		0		1		1.159	1.118	
Proline.....g	1.153		0		1		0.980	0.945	
Serine.....g	1.186		0		1		1.008	0.973	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10179

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.060		0		1		6.001	5.507	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		0.408	0.374	
17:1.....g									
18:1 undifferentiated.....g	6.380		0		1		5.423	4.976	
20:1.....g	0.130		0		1		0.111	0.101	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.910		0		1		1.624	1.490	
18:2 undifferentiated.....g	1.690		0		1		1.437	1.318	
18:3 undifferentiated.....g	0.110		0		1		0.094	0.086	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.039	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		78	72	
Phytosterols.....mg	2		0		1		2	2	
<u>Amino Acids:</u>									
Tryptophan.....g	0.367		0		1		0.312	0.286	
Threonine.....g	1.345		0		1		1.143	1.049	
Isoleucine.....g	1.371		0		1		1.165	1.069	
Leucine.....g	2.377		0		1		2.020	1.854	
Lysine.....g	2.672		0		1		2.271	2.084	
Methionine.....g	0.774		0		1		0.658	0.604	
Cystine.....g	0.375		0		1		0.319	0.293	
Phenylalanine.....g	1.187		0		1		1.009	0.926	
Tyrosine.....g	1.018		0		1		0.865	0.794	
Valine.....g	1.608		0		1		1.367	1.254	
Arginine.....g	1.896		0		1		1.612	1.479	
Histidine.....g	1.157		0		1		0.983	0.902	
Alanine.....g	1.759		0		1		1.495	1.372	
Aspartic acid.....g	2.741		0		1		2.330	2.138	
Glutamic acid.....g	4.588		0		1		3.900	3.579	
Glycine.....g	1.587		0		1		1.349	1.238	
Proline.....g	1.293		0		1		1.099	1.009	
Serine.....g	1.235		0		1		1.050	0.963	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10179

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10041

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.710		0		1		3.154	2.745	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		0		1		0.247	0.215	
17:1.....g									
18:1 undifferentiated.....g	3.300		0		1		2.805	2.442	
20:1.....g	0.080		0		1		0.068	0.059	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		1		0.544	0.474	
18:2 undifferentiated.....g	0.550		0		1		0.468	0.407	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.015	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.026	0.022	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		72	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.378		0		1		0.321	0.280	
Threonine.....g	1.360		0		1		1.156	1.006	
Isoleucine.....g	1.395		0		1		1.186	1.032	
Leucine.....g	2.390		0		1		2.032	1.769	
Lysine.....g	2.678		0		1		2.276	1.982	
Methionine.....g	0.789		0		1		0.671	0.584	
Cystine.....g	0.380		0		1		0.323	0.281	
Phenylalanine.....g	1.189		0		1		1.011	0.880	
Tyrosine.....g	1.038		0		1		0.882	0.768	
Valine.....g	1.616		0		1		1.374	1.196	
Arginine.....g	1.851		0		1		1.573	1.370	
Histidine.....g	1.190		0		1		1.012	0.881	
Alanine.....g	1.735		0		1		1.475	1.284	
Aspartic acid.....g	2.762		0		1		2.348	2.044	
Glutamic acid.....g	4.662		0		1		3.963	3.450	
Glycine.....g	1.414		0		1		1.202	1.046	
Proline.....g	1.196		0		1		1.017	0.885	
Serine.....g	1.230		0		1		1.046	0.910	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10041
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10042

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.640		0		1		3.094	2.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		27		1		0.247	0.215	
17:1.....g									
18:1 undifferentiated.....g	3.220		27		1		2.737	2.383	
20:1.....g	0.080		15		1		0.068	0.059	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0		1		0.493	0.429	
18:2 undifferentiated.....g	0.500		27		1		0.425	0.370	
18:3 undifferentiated.....g	0.020		27		1		0.017	0.015	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		27		1		0.034	0.030	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82	1.597	15		1		70	61	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.383		0		1		0.326	0.283	
Threonine.....g	1.379		0		1		1.172	1.020	
Isoleucine.....g	1.414		0		1		1.202	1.046	
Leucine.....g	2.422		0		1		2.059	1.792	
Lysine.....g	2.715		0		1		2.308	2.009	
Methionine.....g	0.799		0		1		0.679	0.591	
Cystine.....g	0.385		0		1		0.327	0.285	
Phenylalanine.....g	1.205		0		1		1.024	0.892	
Tyrosine.....g	1.052		0		1		0.894	0.778	
Valine.....g	1.638		0		1		1.392	1.212	
Arginine.....g	1.877		0		1		1.595	1.389	
Histidine.....g	1.206		0		1		1.025	0.892	
Alanine.....g	1.759		0		1		1.495	1.302	
Aspartic acid.....g	2.800		0		1		2.380	2.072	
Glutamic acid.....g	4.726		0		1		4.017	3.497	
Glycine.....g	1.434		0		1		1.219	1.061	
Proline.....g	1.213		0		1		1.031	0.898	
Serine.....g	1.247		0		1		1.060	0.923	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10176

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.450		0		1		3.783	3.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		0		1		0.272	0.221	
17:1.....g									
18:1 undifferentiated.....g	3.990		0		1		3.392	2.753	
20:1.....g	0.090		0		1		0.077	0.062	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.340		0		1		1.139	0.925	
18:2 undifferentiated.....g	1.170		0		1		0.995	0.807	
18:3 undifferentiated.....g	0.090		0		1		0.077	0.062	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.028	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		78	63	
Phytosterols.....mg	3		0		1		3	2	
<u>Amino Acids:</u>									
Tryptophan.....g	0.409		0		1		0.348	0.282	
Threonine.....g	1.470		0		1		1.250	1.014	
Isoleucine.....g	1.507		0		1		1.281	1.040	
Leucine.....g	2.582		0		1		2.195	1.782	
Lysine.....g	2.894		0		1		2.460	1.997	
Methionine.....g	0.852		0		1		0.724	0.588	
Cystine.....g	0.411		0		1		0.349	0.284	
Phenylalanine.....g	1.285		0		1		1.092	0.887	
Tyrosine.....g	1.121		0		1		0.953	0.773	
Valine.....g	1.746		0		1		1.484	1.205	
Arginine.....g	2.001		0		1		1.701	1.381	
Histidine.....g	1.286		0		1		1.093	0.887	
Alanine.....g	1.875		0		1		1.594	1.294	
Aspartic acid.....g	2.985		0		1		2.537	2.060	
Glutamic acid.....g	5.038		0		1		4.282	3.476	
Glycine.....g	1.528		0		1		1.299	1.054	
Proline.....g	1.293		0		1		1.099	0.892	
Serine.....g	1.329		0		1		1.130	0.917	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10176
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10039

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.890		0		1		14.843	5.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		1.033	0.349	
17:1.....g									
18:1 undifferentiated.....g	5.310		0		1		13.381	4.514	
20:1.....g	0.110		0		1		0.277	0.094	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.180		0		1		2.974	1.003	
18:2 undifferentiated.....g	1.050		0		1		2.646	0.893	
18:3 undifferentiated.....g	0.040		0		1		0.101	0.034	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.101	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		202	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.325		0		1		0.819	0.276	
Threonine.....g	1.187		0		1		2.991	1.009	
Isoleucine.....g	1.211		0		1		3.052	1.029	
Leucine.....g	2.094		0		1		5.277	1.780	
Lysine.....g	2.354		0		1		5.932	2.001	
Methionine.....g	0.684		0		1		1.724	0.581	
Cystine.....g	0.331		0		1		0.834	0.281	
Phenylalanine.....g	1.045		0		1		2.633	0.888	
Tyrosine.....g	0.899		0		1		2.265	0.764	
Valine.....g	1.417		0		1		3.571	1.204	
Arginine.....g	1.662		0		1		4.188	1.413	
Histidine.....g	1.024		0		1		2.580	0.870	
Alanine.....g	1.545		0		1		3.893	1.313	
Aspartic acid.....g	2.416		0		1		6.088	2.054	
Glutamic acid.....g	4.052		0		1		10.211	3.444	
Glycine.....g	1.368		0		1		3.447	1.163	
Proline.....g	1.122		0		1		2.827	0.954	
Serine.....g	1.086		0		1		2.737	0.923	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10043

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.000		0		1		9.240	3.400	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.693	0.255	
17:1.....g									
18:1 undifferentiated.....g	3.570		0		1		8.247	3.035	
20:1.....g	0.080		0		1		0.185	0.068	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.720		0		1		1.663	0.612	
18:2 undifferentiated.....g	0.630		0		1		1.455	0.536	
18:3 undifferentiated.....g	0.020		0		1		0.046	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.069	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		182	67	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.350		0		1		0.809	0.298	
Threonine.....g	1.258		0		1		2.906	1.069	
Isoleucine.....g	1.290		0		1		2.980	1.097	
Leucine.....g	2.210		0		1		5.105	1.879	
Lysine.....g	2.477		0		1		5.722	2.105	
Methionine.....g	0.729		0		1		1.684	0.620	
Cystine.....g	0.351		0		1		0.811	0.298	
Phenylalanine.....g	1.100		0		1		2.541	0.935	
Tyrosine.....g	0.960		0		1		2.218	0.816	
Valine.....g	1.495		0		1		3.453	1.271	
Arginine.....g	1.713		0		1		3.957	1.456	
Histidine.....g	1.101		0		1		2.543	0.936	
Alanine.....g	1.605		0		1		3.708	1.364	
Aspartic acid.....g	2.555		0		1		5.902	2.172	
Glutamic acid.....g	4.313		0		1		9.963	3.666	
Glycine.....g	1.308		0		1		3.021	1.112	
Proline.....g	1.107		0		1		2.557	0.941	
Serine.....g	1.138		0		1		2.629	0.967	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10044

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.060		0		1		27.488	5.939	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0		1		1.769	0.382	
17:1.....g									
18:1 undifferentiated.....g	5.560		0		1		25.220	5.449	
20:1.....g	0.100		0		1		0.454	0.098	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.450		0		1		6.577	1.421	
18:2 undifferentiated.....g	1.210		0		1		5.489	1.186	
18:3 undifferentiated.....g	0.090		0		1		0.408	0.088	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.363	0.078	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		272	59	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.249		0		1		1.129	0.244	
Threonine.....g	0.910		0		1		4.128	0.892	
Isoleucine.....g	0.928		0		1		4.209	0.909	
Leucine.....g	1.606		0		1		7.285	1.574	
Lysine.....g	1.804		0		1		8.183	1.768	
Methionine.....g	0.524		0		1		2.377	0.514	
Cystine.....g	0.254		0		1		1.152	0.249	
Phenylalanine.....g	0.802		0		1		3.638	0.786	
Tyrosine.....g	0.689		0		1		3.125	0.675	
Valine.....g	1.086		0		1		4.926	1.064	
Arginine.....g	1.275		0		1		5.783	1.250	
Histidine.....g	0.785		0		1		3.561	0.769	
Alanine.....g	1.185		0		1		5.375	1.161	
Aspartic acid.....g	1.852		0		1		8.401	1.815	
Glutamic acid.....g	3.105		0		1		14.084	3.043	
Glycine.....g	1.051		0		1		4.767	1.030	
Proline.....g	0.861		0		1		3.905	0.844	
Serine.....g	0.833		0		1		3.778	0.816	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 98g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10048

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.710		0		1		12.293	2.331	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		378		1		0.862	0.163	
17:1.....g									
18:1 undifferentiated.....g	2.470		378		1		11.204	2.124	
20:1.....g	0.040		71		1		0.181	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.650		0		1		2.948	0.559	
18:2 undifferentiated.....g	0.520		378		1		2.359	0.447	
18:3 undifferentiated.....g	0.020		190		1		0.091	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		315		1		0.318	0.060	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55	1.054	58		1		249	47	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.281		0		1		1.275	0.242	
Threonine.....g	1.010		0		1		4.581	0.869	
Isoleucine.....g	1.035		0		1		4.695	0.890	
Leucine.....g	1.774		0		1		8.047	1.526	
Lysine.....g	1.988		0		1		9.018	1.710	
Methionine.....g	0.585		0		1		2.654	0.503	
Cystine.....g	0.282		0		1		1.279	0.243	
Phenylalanine.....g	0.883		0		1		4.005	0.759	
Tyrosine.....g	0.770		0		1		3.493	0.662	
Valine.....g	1.200		0		1		5.443	1.032	
Arginine.....g	1.375		0		1		6.237	1.183	
Histidine.....g	0.883		0		1		4.005	0.759	
Alanine.....g	1.288		0		1		5.842	1.108	
Aspartic acid.....g	2.051		0		1		9.303	1.764	
Glutamic acid.....g	3.461		0		1		15.699	2.976	
Glycine.....g	1.050		0		1		4.763	0.903	
Proline.....g	0.888		0		1		4.028	0.764	
Serine.....g	0.913		0		1		4.141	0.785	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 86g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10048
Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 11% Connective tissue

[illegible]

NDB No. 10194

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.250		0		1		28.350	6.313	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		1.814	0.404	
17:1.....g									
18:1 undifferentiated.....g	5.730		0		1		25.991	5.787	
20:1.....g	0.100		0		1		0.454	0.101	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0		1		6.804	1.515	
18:2 undifferentiated.....g	1.250		0		1		5.670	1.263	
18:3 undifferentiated.....g	0.100		0		1		0.454	0.101	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.408	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		272	61	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.245		0		1		1.111	0.247	
Threonine.....g	0.897		0		1		4.069	0.906	
Isoleucine.....g	0.916		0		1		4.155	0.925	
Leucine.....g	1.584		0		1		7.185	1.600	
Lysine.....g	1.780		0		1		8.074	1.798	
Methionine.....g	0.517		0		1		2.345	0.522	
Cystine.....g	0.250		0		1		1.134	0.253	
Phenylalanine.....g	0.791		0		1		3.588	0.799	
Tyrosine.....g	0.680		0		1		3.084	0.687	
Valine.....g	1.072		0		1		4.863	1.083	
Arginine.....g	1.258		0		1		5.706	1.271	
Histidine.....g	0.774		0		1		3.511	0.782	
Alanine.....g	1.169		0		1		5.303	1.181	
Aspartic acid.....g	1.827		0		1		8.287	1.845	
Glutamic acid.....g	3.063		0		1		13.894	3.094	
Glycine.....g	1.038		0		1		4.708	1.048	
Proline.....g	0.850		0		1		3.856	0.859	
Serine.....g	0.822		0		1		3.729	0.830	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 453.6g: 1 lb

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.98	0.198	15		1		326.50	63.34	
Energy.....kcal	152		0	NC	4		689	134	
Energy.....kj	636				4		2885	560	
Protein (N x 6.25).....g	21.80	0.330	53		1		98.88	19.18	
Total lipid (fat).....g	6.48	0.335	15		1		29.39	5.70	
Ash.....g	0.98	0.013	49		1		4.45	0.86	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.159	5		1		23	4	
Iron, Fe.....mg	0.77	0.019	60		1		3.49	0.68	
Magnesium, Mg.....mg	22	0.759	26		1		100	19	
Phosphorus, P.....mg	207	1.243	5		1		939	182	
Potassium, K.....mg	421	2.549	146		1		1910	370	
Sodium, Na.....mg	45	1.072	164		1		204	40	
Zinc, Zn.....mg	1.69	0.036	48		1		7.67	1.49	
Copper, Cu.....mg	0.058	0.002	60		1		0.263	0.051	
Manganese, Mn.....mg	0.010		2		1		0.045	0.009	
Selenium, Se.....mcg	35.4	3.605	5	A	1		160.6	31.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.211	3		1		1.4	0.3	
Thiamin.....mg	0.856	0.032	49		1		3.883	0.753	
Riboflavin.....mg	0.268	0.007	52		1		1.216	0.236	
Niacin.....mg	5.036	0.299	11		1		22.843	4.432	
Pantothenic acid.....mg	0.766	0.082	4		1		3.475	0.674	
Vitamin B-6.....mg	0.470	0.033	4		1		2.132	0.414	
Folate, total.....mcg	7	1.450	4		1		32	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.450	4		1		32	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		32	6	
Vitamin B-12.....mcg	0.53	0.044	11		1		2.40	0.47	
Vitamin A, IU.....IU	7		0	NC	4		30	6	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		9	2	
Retinol.....mcg	2		0	NR	4		9	2	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.81	0.16	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.240		0		1		10.161	1.971	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g									
10:0.....g	0.010		73		1		0.045	0.009	
12:0.....g	0.010		75		1		0.045	0.009	
13:0.....g									
14:0.....g	0.080		378		1		0.363	0.070	
15:0.....g									
16:0.....g	1.430		378		1		6.486	1.258	
17:0.....g									
18:0.....g	0.700		378		1		3.175	0.616	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10199

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.930		0		1		13.290	2.578	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		378		1		0.907	0.176	
17:1.....g									
18:1 undifferentiated.....g	2.660		378		1		12.066	2.341	
20:1.....g	0.050		71		1		0.227	0.044	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.700		0		1		3.175	0.616	
18:2 undifferentiated.....g	0.560		378		1		2.540	0.493	
18:3 undifferentiated.....g	0.030		190		1		0.136	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		315		1		0.363	0.070	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55	1.054	58		1		249	48	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.277		0		1		1.256	0.244	
Threonine.....g	0.995		0		1		4.513	0.876	
Isoleucine.....g	1.021		0		1		4.631	0.898	
Leucine.....g	1.749		0		1		7.933	1.539	
Lysine.....g	1.960		0		1		8.891	1.725	
Methionine.....g	0.577		0		1		2.617	0.508	
Cystine.....g	0.278		0		1		1.261	0.245	
Phenylalanine.....g	0.870		0		1		3.946	0.766	
Tyrosine.....g	0.760		0		1		3.447	0.669	
Valine.....g	1.183		0		1		5.366	1.041	
Arginine.....g	1.355		0		1		6.146	1.192	
Histidine.....g	0.871		0		1		3.951	0.766	
Alanine.....g	1.270		0		1		5.761	1.118	
Aspartic acid.....g	2.022		0		1		9.172	1.779	
Glutamic acid.....g	3.413		0		1		15.481	3.003	
Glycine.....g	1.035		0		1		4.695	0.911	
Proline.....g	0.876		0		1		3.974	0.771	
Serine.....g	0.900		0		1		4.082	0.792	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

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

NDB No. 10199
Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10045

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.870		0		1		5.840	5.153	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		0		1		0.400	0.353	
17:1.....g									
18:1 undifferentiated.....g	6.240		0		1		5.304	4.680	
20:1.....g	0.120		0		1		0.102	0.090	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0		1		1.080	0.953	
18:2 undifferentiated.....g	1.150		0		1		0.978	0.863	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.030	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.038	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		62	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.327		0		1		0.278	0.245	
Threonine.....g	1.199		0		1		1.019	0.899	
Isoleucine.....g	1.222		0		1		1.039	0.917	
Leucine.....g	2.119		0		1		1.801	1.589	
Lysine.....g	2.383		0		1		2.026	1.787	
Methionine.....g	0.690		0		1		0.587	0.518	
Cystine.....g	0.334		0		1		0.284	0.251	
Phenylalanine.....g	1.059		0		1		0.900	0.794	
Tyrosine.....g	0.907		0		1		0.771	0.680	
Valine.....g	1.434		0		1		1.219	1.076	
Arginine.....g	1.692		0		1		1.438	1.269	
Histidine.....g	1.031		0		1		0.876	0.773	
Alanine.....g	1.569		0		1		1.334	1.177	
Aspartic acid.....g	2.443		0		1		2.077	1.832	
Glutamic acid.....g	4.090		0		1		3.477	3.068	
Glycine.....g	1.418		0		1		1.205	1.064	
Proline.....g	1.155		0		1		0.982	0.866	
Serine.....g	1.101		0		1		0.936	0.826	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10046

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	6.880		0		1		5.848	5.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		0.408	0.355	
17:1.....g									
18:1 undifferentiated.....g	6.220		0		1		5.287	4.603	
20:1.....g	0.120		0		1		0.102	0.089	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.230		0		1		1.046	0.910	
18:2 undifferentiated.....g	1.080		0		1		0.918	0.799	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.030	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.037	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		70	61	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.354		0		1		0.301	0.262	
Threonine.....g	1.296		0		1		1.102	0.959	
Isoleucine.....g	1.321		0		1		1.123	0.978	
Leucine.....g	2.289		0		1		1.946	1.694	
Lysine.....g	2.573		0		1		2.187	1.904	
Methionine.....g	0.746		0		1		0.634	0.552	
Cystine.....g	0.361		0		1		0.307	0.267	
Phenylalanine.....g	1.143		0		1		0.972	0.846	
Tyrosine.....g	0.980		0		1		0.833	0.725	
Valine.....g	1.549		0		1		1.317	1.146	
Arginine.....g	1.824		0		1		1.550	1.350	
Histidine.....g	1.115		0		1		0.948	0.825	
Alanine.....g	1.693		0		1		1.439	1.253	
Aspartic acid.....g	2.639		0		1		2.243	1.953	
Glutamic acid.....g	4.420		0		1		3.757	3.271	
Glycine.....g	1.522		0		1		1.294	1.126	
Proline.....g	1.241		0		1		1.055	0.918	
Serine.....g	1.189		0		1		1.011	0.880	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10180

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.490		0		1		6.367	5.468	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.425	0.365	
17:1.....g									
18:1 undifferentiated.....g	6.830		0		1		5.806	4.986	
20:1.....g	0.130		0		1		0.111	0.095	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.920		0		1		1.632	1.402	
18:2 undifferentiated.....g	1.730		0		1		1.471	1.263	
18:3 undifferentiated.....g	0.110		0		1		0.094	0.080	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.037	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		62	53	
Phytosterols.....mg	2		0		1		2	1	
<u>Amino Acids:</u>									
Tryptophan.....g	0.321		0		1		0.273	0.234	
Threonine.....g	1.180		0		1		1.003	0.861	
Isoleucine.....g	1.201		0		1		1.021	0.877	
Leucine.....g	2.086		0		1		1.773	1.523	
Lysine.....g	2.346		0		1		1.994	1.713	
Methionine.....g	0.678		0		1		0.576	0.495	
Cystine.....g	0.329		0		1		0.280	0.240	
Phenylalanine.....g	1.043		0		1		0.887	0.761	
Tyrosine.....g	0.891		0		1		0.757	0.650	
Valine.....g	1.412		0		1		1.200	1.031	
Arginine.....g	1.671		0		1		1.420	1.220	
Histidine.....g	1.012		0		1		0.860	0.739	
Alanine.....g	1.548		0		1		1.316	1.130	
Aspartic acid.....g	2.404		0		1		2.043	1.755	
Glutamic acid.....g	4.020		0		1		3.417	2.935	
Glycine.....g	1.416		0		1		1.204	1.034	
Proline.....g	1.148		0		1		0.976	0.838	
Serine.....g	1.085		0		1		0.922	0.792	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10180
Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10049

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.490		0		1		3.817	3.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.281	0.221	
17:1.....g									
18:1 undifferentiated.....g	4.070		0		1		3.460	2.727	
20:1.....g	0.080		0		1		0.068	0.054	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0		1		0.578	0.456	
18:2 undifferentiated.....g	0.610		0		1		0.519	0.409	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.027	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		60	48	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.360		0		1		0.306	0.241	
Threonine.....g	1.294		0		1		1.100	0.867	
Isoleucine.....g	1.327		0		1		1.128	0.889	
Leucine.....g	2.275		0		1		1.934	1.524	
Lysine.....g	2.549		0		1		2.167	1.708	
Methionine.....g	0.751		0		1		0.638	0.503	
Cystine.....g	0.362		0		1		0.308	0.243	
Phenylalanine.....g	1.132		0		1		0.962	0.758	
Tyrosine.....g	0.988		0		1		0.840	0.662	
Valine.....g	1.538		0		1		1.307	1.030	
Arginine.....g	1.762		0		1		1.498	1.181	
Histidine.....g	1.132		0		1		0.962	0.758	
Alanine.....g	1.651		0		1		1.403	1.106	
Aspartic acid.....g	2.629		0		1		2.235	1.761	
Glutamic acid.....g	4.438		0		1		3.772	2.973	
Glycine.....g	1.346		0		1		1.144	0.902	
Proline.....g	1.139		0		1		0.968	0.763	
Serine.....g	1.171		0		1		0.995	0.785	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10049

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 41% Bone 34%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.95	3.547	15		1		48.41	38.16	
Energy.....kcal	219		0	NC	4		186	147	
Energy.....kj	916				4		779	614	
Protein (N x 6.25).....g	30.76	0.490	23		1		26.15	20.61	
Total lipid (fat).....g	9.74	0.353	23		1		8.28	6.53	
Ash.....g	1.24	0.035	23		1		1.05	0.83	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	1.585	5		1		26	21	
Iron, Fe.....mg	0.82	0.029	17		1		0.70	0.55	
Magnesium, Mg.....mg	28	1.453	8		1		24	19	
Phosphorus, P.....mg	245	4.537	6		1		208	164	
Potassium, K.....mg	420	9.962	17		1		357	281	
Sodium, Na.....mg	65	1.154	17		1		55	44	
Zinc, Zn.....mg	2.38	0.070	17		1		2.02	1.59	
Copper, Cu.....mg	0.070	0.005	17		1		0.060	0.047	
Manganese, Mn.....mg	0.020		2		1		0.017	0.013	
Selenium, Se.....mcg	47.3	4.758	5	A	1		40.2	31.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.049	3		1		0.3	0.2	
Thiamin.....mg	1.117	0.094	20		1		0.949	0.748	
Riboflavin.....mg	0.326	0.012	20		1		0.277	0.218	
Niacin.....mg	6.167	0.437	15		1		5.242	4.132	
Pantothenic acid.....mg	0.704	0.034	14		1		0.598	0.472	
Vitamin B-6.....mg	0.470	0.037	8		1		0.400	0.315	
Folate, total.....mcg	3	0.788	9		1		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3	0.788	9		1		3	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2	
Vitamin B-12.....mcg	0.76	0.028	20		1		0.65	0.51	
Vitamin A, IU.....IU	7		0	NC	4		6	4	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	1	
Retinol.....mcg	2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol).....mg	0.29		0	BFSN	4		0.25	0.20	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.460		0		1		2.941	2.318	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		15		1		0.009	0.007	
12:0.....g	0.010		15		1		0.009	0.007	
13:0.....g									
14:0.....g	0.120		15		1		0.102	0.080	
15:0.....g									
16:0.....g	2.160		15		1		1.836	1.447	
17:0.....g									
18:0.....g	1.100		15		1		0.935	0.737	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10050

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.450		0		1		3.783	2.982	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		15		1		0.289	0.228	
17:1.....g									
18:1 undifferentiated.....g	3.990		15		1		3.392	2.673	
20:1.....g	0.080		15		1		0.068	0.054	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.620		0		1		0.527	0.415	
18:2 undifferentiated.....g	0.530		15		1		0.451	0.355	
18:3 undifferentiated.....g	0.010		15		1		0.009	0.007	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		15		1		0.034	0.027	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	1.862	15		1		69	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.391		0		1		0.332	0.262	
Threonine.....g	1.404		0		1		1.193	0.941	
Isoleucine.....g	1.440		0		1		1.224	0.965	
Leucine.....g	2.468		0		1		2.098	1.654	
Lysine.....g	2.766		0		1		2.351	1.853	
Methionine.....g	0.814		0		1		0.692	0.545	
Cystine.....g	0.392		0		1		0.333	0.263	
Phenylalanine.....g	1.228		0		1		1.044	0.823	
Tyrosine.....g	1.072		0		1		0.911	0.718	
Valine.....g	1.669		0		1		1.419	1.118	
Arginine.....g	1.912		0		1		1.625	1.281	
Histidine.....g	1.229		0		1		1.045	0.823	
Alanine.....g	1.792		0		1		1.523	1.201	
Aspartic acid.....g	2.853		0		1		2.425	1.912	
Glutamic acid.....g	4.815		0		1		4.093	3.226	
Glycine.....g	1.460		0		1		1.241	0.978	
Proline.....g	1.236		0		1		1.051	0.828	
Serine.....g	1.270		0		1		1.080	0.851	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10050
Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10177

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.910		0		1		4.174	3.142	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0		1		0.298	0.224	
17:1.....g									
18:1 undifferentiated.....g	4.460		0		1		3.791	2.854	
20:1.....g	0.090		0		1		0.077	0.058	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.340		0		1		1.139	0.858	
18:2 undifferentiated.....g	1.200		0		1		1.020	0.768	
18:3 undifferentiated.....g	0.090		0		1		0.077	0.058	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		60	45	
Phytosterols.....mg	3		0		1		3	2	
Amino Acids:									
Tryptophan.....g	0.357		0		1		0.303	0.228	
Threonine.....g	1.284		0		1		1.091	0.822	
Isoleucine.....g	1.316		0		1		1.119	0.842	
Leucine.....g	2.256		0		1		1.918	1.444	
Lysine.....g	2.528		0		1		2.149	1.618	
Methionine.....g	0.744		0		1		0.632	0.476	
Cystine.....g	0.359		0		1		0.305	0.230	
Phenylalanine.....g	1.122		0		1		0.954	0.718	
Tyrosine.....g	0.979		0		1		0.832	0.627	
Valine.....g	1.525		0		1		1.296	0.976	
Arginine.....g	1.748		0		1		1.486	1.119	
Histidine.....g	1.123		0		1		0.955	0.719	
Alanine.....g	1.638		0		1		1.392	1.048	
Aspartic acid.....g	2.607		0		1		2.216	1.668	
Glutamic acid.....g	4.401		0		1		3.741	2.817	
Glycine.....g	1.335		0		1		1.135	0.854	
Proline.....g	1.129		0		1		0.960	0.723	
Serine.....g	1.161		0		1		0.987	0.743	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10177

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10195

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	7.210		0		1		6.129	5.840	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.425	0.405	
17:1.....g									
18:1 undifferentiated.....g	6.550		0		1		5.568	5.306	
20:1.....g	0.130		0		1		0.111	0.105	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.320		0		1		1.122	1.069	
18:2 undifferentiated.....g	1.200		0		1		1.020	0.972	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.032	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.041	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		62	59	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.322		0		1		0.274	0.261	
Threonine.....g	1.182		0		1		1.005	0.957	
Isoleucine.....g	1.205		0		1		1.024	0.976	
Leucine.....g	2.089		0		1		1.776	1.692	
Lysine.....g	2.349		0		1		1.997	1.903	
Methionine.....g	0.680		0		1		0.578	0.551	
Cystine.....g	0.329		0		1		0.280	0.266	
Phenylalanine.....g	1.044		0		1		0.887	0.846	
Tyrosine.....g	0.894		0		1		0.760	0.724	
Valine.....g	1.414		0		1		1.202	1.145	
Arginine.....g	1.669		0		1		1.419	1.352	
Histidine.....g	1.016		0		1		0.864	0.823	
Alanine.....g	1.547		0		1		1.315	1.253	
Aspartic acid.....g	2.408		0		1		2.047	1.950	
Glutamic acid.....g	4.030		0		1		3.426	3.264	
Glycine.....g	1.402		0		1		1.192	1.136	
Proline.....g	1.140		0		1		0.969	0.923	
Serine.....g	1.086		0		1		0.923	0.880	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10196

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.010		0		1		5.959	5.608	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		0.417	0.392	
17:1.....g									
18:1 undifferentiated.....g	6.330		0		1		5.381	5.064	
20:1.....g	0.120		0		1		0.102	0.096	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0		1		1.054	0.992	
18:2 undifferentiated.....g	1.100		0		1		0.935	0.880	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.032	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.040	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		70	66	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.339		0		1		0.288	0.271	
Threonine.....g	1.243		0		1		1.057	0.994	
Isoleucine.....g	1.267		0		1		1.077	1.014	
Leucine.....g	2.196		0		1		1.867	1.757	
Lysine.....g	2.469		0		1		2.099	1.975	
Methionine.....g	0.715		0		1		0.608	0.572	
Cystine.....g	0.346		0		1		0.294	0.277	
Phenylalanine.....g	1.097		0		1		0.932	0.878	
Tyrosine.....g	0.940		0		1		0.799	0.752	
Valine.....g	1.486		0		1		1.263	1.189	
Arginine.....g	1.752		0		1		1.489	1.402	
Histidine.....g	1.069		0		1		0.909	0.855	
Alanine.....g	1.625		0		1		1.381	1.300	
Aspartic acid.....g	2.532		0		1		2.152	2.026	
Glutamic acid.....g	4.239		0		1		3.603	3.391	
Glycine.....g	1.467		0		1		1.247	1.174	
Proline.....g	1.195		0		1		1.016	0.956	
Serine.....g	1.141		0		1		0.970	0.913	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10197

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.960		0		1		6.766	5.970	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.451	0.398	
17:1.....g									
18:1 undifferentiated.....g	7.250		0		1		6.163	5.438	
20:1.....g	0.140		0		1		0.119	0.105	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.080		0		1		1.768	1.560	
18:2 undifferentiated.....g	1.870		0		1		1.590	1.403	
18:3 undifferentiated.....g	0.120		0		1		0.102	0.090	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.038	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		62	55	
Phytosterols.....mg	3		0		1		3	2	
<u>Amino Acids:</u>									
Tryptophan.....g	0.314		0		1		0.267	0.236	
Threonine.....g	1.158		0		1		0.984	0.869	
Isoleucine.....g	1.179		0		1		1.002	0.884	
Leucine.....g	2.048		0		1		1.741	1.536	
Lysine.....g	2.304		0		1		1.958	1.728	
Methionine.....g	0.665		0		1		0.565	0.499	
Cystine.....g	0.322		0		1		0.274	0.242	
Phenylalanine.....g	1.024		0		1		0.870	0.768	
Tyrosine.....g	0.874		0		1		0.743	0.656	
Valine.....g	1.386		0		1		1.178	1.040	
Arginine.....g	1.644		0		1		1.397	1.233	
Histidine.....g	0.992		0		1		0.843	0.744	
Alanine.....g	1.522		0		1		1.294	1.142	
Aspartic acid.....g	2.567		0		1		2.182	1.925	
Glutamic acid.....g	3.944		0		1		3.352	2.958	
Glycine.....g	1.402		0		1		1.192	1.052	
Proline.....g	1.133		0		1		0.963	0.850	
Serine.....g	1.066		0		1		0.906	0.800	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 75g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10197
Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10200

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.850		0		1		4.123	3.492	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		1		0.306	0.259	
17:1.....g									
18:1 undifferentiated.....g	4.390		0		1		3.732	3.161	
20:1.....g	0.090		0		1		0.077	0.065	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		0.621	0.526	
18:2 undifferentiated.....g	0.660		0		1		0.561	0.475	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.014	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.029	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		60	51	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.355		0		1		0.302	0.256	
Threonine.....g	1.276		0		1		1.085	0.919	
Isoleucine.....g	1.309		0		1		1.113	0.942	
Leucine.....g	2.242		0		1		1.906	1.614	
Lysine.....g	2.513		0		1		2.136	1.809	
Methionine.....g	0.740		0		1		0.629	0.533	
Cystine.....g	0.356		0		1		0.303	0.256	
Phenylalanine.....g	1.116		0		1		0.949	0.804	
Tyrosine.....g	0.974		0		1		0.828	0.701	
Valine.....g	1.516		0		1		1.289	1.092	
Arginine.....g	1.737		0		1		1.476	1.251	
Histidine.....g	1.116		0		1		0.949	0.804	
Alanine.....g	1.628		0		1		1.384	1.172	
Aspartic acid.....g	2.592		0		1		2.203	1.866	
Glutamic acid.....g	4.375		0		1		3.719	3.150	
Glycine.....g	1.327		0		1		1.128	0.955	
Proline.....g	1.123		0		1		0.955	0.809	
Serine.....g	1.154		0		1		0.981	0.831	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 72g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10200
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10201

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.600		0		1		3.910	3.266	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		15		1		0.298	0.249	
17:1.....g									
18:1 undifferentiated.....g	4.120		15		1		3.502	2.925	
20:1.....g	0.090		15		1		0.077	0.064	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		1		0.544	0.454	
18:2 undifferentiated.....g	0.540		15		1		0.459	0.383	
18:3 undifferentiated.....g	0.010		15		1		0.009	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		15		1		0.034	0.028	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81	1.862	15		1		69	58	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.374		0		1		0.318	0.266	
Threonine.....g	1.345		0		1		1.143	0.955	
Isoleucine.....g	1.379		0		1		1.172	0.979	
Leucine.....g	2.364		0		1		2.009	1.678	
Lysine.....g	2.649		0		1		2.252	1.881	
Methionine.....g	0.780		0		1		0.663	0.554	
Cystine.....g	0.376		0		1		0.320	0.267	
Phenylalanine.....g	1.176		0		1		1.000	0.835	
Tyrosine.....g	1.026		0		1		0.872	0.728	
Valine.....g	1.598		0		1		1.358	1.135	
Arginine.....g	1.831		0		1		1.556	1.300	
Histidine.....g	1.177		0		1		1.000	0.836	
Alanine.....g	1.716		0		1		1.459	1.218	
Aspartic acid.....g	2.732		0		1		2.322	1.940	
Glutamic acid.....g	4.612		0		1		3.920	3.275	
Glycine.....g	1.399		0		1		1.189	0.993	
Proline.....g	1.183		0		1		1.006	0.840	
Serine.....g	1.217		0		1		1.034	0.864	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10202

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	5.310		0		1		4.514	3.505	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.315	0.244	
17:1.....g									
18:1 undifferentiated.....g	4.830		0		1		4.106	3.188	
20:1.....g	0.100		0		1		0.085	0.066	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.490		0		1		1.267	0.983	
18:2 undifferentiated.....g	1.340		0		1		1.139	0.884	
18:3 undifferentiated.....g	0.110		0		1		0.094	0.073	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		60	46	
Phytosterols.....mg	3		0		1		3	2	
<u>Amino Acids:</u>									
Tryptophan.....g	0.352		0		1		0.299	0.232	
Threonine.....g	1.264		0		1		1.074	0.834	
Isoleucine.....g	1.296		0		1		1.102	0.855	
Leucine.....g	2.221		0		1		1.888	1.466	
Lysine.....g	2.489		0		1		2.116	1.643	
Methionine.....g	0.733		0		1		0.623	0.484	
Cystine.....g	0.353		0		1		0.300	0.233	
Phenylalanine.....g	1.105		0		1		0.939	0.729	
Tyrosine.....g	0.964		0		1		0.819	0.636	
Valine.....g	1.502		0		1		1.277	0.991	
Arginine.....g	1.721		0		1		1.463	1.136	
Histidine.....g	1.106		0		1		0.940	0.730	
Alanine.....g	1.612		0		1		1.370	1.064	
Aspartic acid.....g	2.567		0		1		2.182	1.694	
Glutamic acid.....g	4.333		0		1		3.683	2.860	
Glycine.....g	1.314		0		1		1.117	0.867	
Proline.....g	1.112		0		1		0.945	0.734	
Serine.....g	1.143		0		1		0.972	0.754	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 66g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10202
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10047

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.980		0		1		15.635	5.933	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		1.075	0.408	
17:1.....g									
18:1 undifferentiated.....g	6.340		0		1		14.202	5.389	
20:1.....g	0.120		0		1		0.269	0.102	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280		0		1		2.867	1.088	
18:2 undifferentiated.....g	1.160		0		1		2.598	0.986	
18:3 undifferentiated.....g	0.040		0		1		0.090	0.034	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.112	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		164	62	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.339		0		1		0.759	0.288	
Threonine.....g	1.239		0		1		2.775	1.053	
Isoleucine.....g	1.265		0		1		2.834	1.075	
Leucine.....g	2.185		0		1		4.894	1.857	
Lysine.....g	2.455		0		1		5.499	2.087	
Methionine.....g	0.714		0		1		1.599	0.607	
Cystine.....g	0.345		0		1		0.773	0.293	
Phenylalanine.....g	1.090		0		1		2.442	0.927	
Tyrosine.....g	0.939		0		1		2.103	0.798	
Valine.....g	1.478		0		1		3.311	1.256	
Arginine.....g	1.730		0		1		3.875	1.471	
Histidine.....g	1.070		0		1		2.397	0.910	
Alanine.....g	1.609		0		1		3.604	1.368	
Aspartic acid.....g	2.521		0		1		5.647	2.143	
Glutamic acid.....g	4.230		0		1		9.475	3.596	
Glycine.....g	1.416		0		1		3.172	1.204	
Proline.....g	1.164		0		1		2.607	0.989	
Serine.....g	1.133		0		1		2.538	0.963	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10051

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	5.250		0		1		10.815	4.463	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.783	0.323	
17:1.....g									
18:1 undifferentiated.....g	4.760		0		1		9.806	4.046	
20:1.....g	0.100		0		1		0.206	0.085	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		1.751	0.723	
18:2 undifferentiated.....g	0.770		0		1		1.586	0.655	
18:3 undifferentiated.....g	0.020		0		1		0.041	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.082	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		146	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.365		0		1		0.752	0.310	
Threonine.....g	1.311		0		1		2.701	1.114	
Isoleucine.....g	1.345		0		1		2.771	1.143	
Leucine.....g	2.304		0		1		4.746	1.958	
Lysine.....g	2.582		0		1		5.319	2.195	
Methionine.....g	0.760		0		1		1.566	0.646	
Cystine.....g	0.366		0		1		0.754	0.311	
Phenylalanine.....g	1.146		0		1		2.361	0.974	
Tyrosine.....g	1.001		0		1		2.062	0.851	
Valine.....g	1.558		0		1		3.209	1.324	
Arginine.....g	1.785		0		1		3.677	1.517	
Histidine.....g	1.147		0		1		2.363	0.975	
Alanine.....g	1.673		0		1		3.446	1.422	
Aspartic acid.....g	2.663		0		1		5.486	2.264	
Glutamic acid.....g	4.495		0		1		9.260	3.821	
Glycine.....g	1.364		0		1		2.810	1.159	
Proline.....g	1.154		0		1		2.377	0.981	
Serine.....g	1.186		0		1		2.443	1.008	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 8% Connective tissue

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

NDB No. 10198

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	6.680		0		1		21.176	5.678	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		1.522	0.408	
17:1.....g									
18:1 undifferentiated.....g	6.000		0		1		19.020	5.100	
20:1.....g	0.130		0		1		0.412	0.111	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.300		0		1		4.121	1.105	
18:2 undifferentiated.....g	1.120		0		1		3.550	0.952	
18:3 undifferentiated.....g	0.030		0		1		0.095	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.254	0.068	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81	2.486	15		1		257	69	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.343		0		1		1.087	0.292	
Threonine.....g	1.232		0		1		3.905	1.047	
Isoleucine.....g	1.264		0		1		4.007	1.074	
Leucine.....g	2.166		0		1		6.866	1.841	
Lysine.....g	2.427		0		1		7.694	2.063	
Methionine.....g	0.715		0		1		2.267	0.608	
Cystine.....g	0.344		0		1		1.090	0.292	
Phenylalanine.....g	1.077		0		1		3.414	0.915	
Tyrosine.....g	0.940		0		1		2.980	0.799	
Valine.....g	1.464		0		1		4.641	1.244	
Arginine.....g	1.678		0		1		5.319	1.426	
Histidine.....g	1.078		0		1		3.417	0.916	
Alanine.....g	1.572		0		1		4.983	1.336	
Aspartic acid.....g	2.503		0		1		7.935	2.128	
Glutamic acid.....g	4.225		0		1		13.393	3.591	
Glycine.....g	1.282		0		1		4.064	1.090	
Proline.....g	1.084		0		1		3.436	0.921	
Serine.....g	1.115		0		1		3.535	0.948	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 18% Connective tissue 8%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.61	0.723	15		1		171.53	51.52	
Energy.....kcal	214		0	NC	4		606	182	
Energy.....kj	895				4		2534	761	
Protein (N x 6.25).....g	28.81	0.466	15		1		81.53	24.49	
Total lipid (fat).....g	10.13	0.460	15		1		28.67	8.61	
Ash.....g	1.14	0.031	15		1		3.23	0.97	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.558	5		1		17	5	
Iron, Fe.....mg	1.00	0.052	5		1		2.83	0.85	
Magnesium, Mg.....mg	24	0.649	5		1		68	20	
Phosphorus, P.....mg	222	5.177	5		1		628	189	
Potassium, K.....mg	363	7.466	5		1		1027	309	
Sodium, Na.....mg	50	2.188	5		1		142	43	
Zinc, Zn.....mg	2.83	0.173	5		1		8.01	2.41	
Copper, Cu.....mg	0.012	0.004	5		1		0.034	0.010	
Manganese, Mn.....mg	0.011		0		1		0.031	0.009	
Selenium, Se.....mcg	43.2	5.282	5	A	1		122.3	36.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		1.1	0.3	
Thiamin.....mg	0.639		0		1		1.808	0.543	
Riboflavin.....mg	0.312		0		1		0.883	0.265	
Niacin.....mg	5.355		0		1		15.155	4.552	
Pantothenic acid.....mg	0.581		0		1		1.644	0.494	
Vitamin B-6.....mg	0.400		0		1		1.132	0.340	
Folate, total.....mcg	9		0		1		25	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		1		25	8	
Folate, DFE.....mcg_DFE	9		0	NC	4		25	8	
Vitamin B-12.....mcg	0.55		0		1		1.56	0.47	
Vitamin A, IU.....IU	8		0		1		23	7	
Vitamin A, RAE.....mcg_RAE	2		0		1		7	2	
Retinol.....mcg	2		0		1		7	2	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.540		0		1		10.018	3.009	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.010		15		1		0.028	0.009	
12:0.....g	0.010		15		1		0.028	0.009	
13:0.....g									
14:0.....g	0.120		15		1		0.340	0.102	
15:0.....g									
16:0.....g	2.200		15		1		6.226	1.870	
17:0.....g									
18:0.....g	1.120		15		1		3.170	0.952	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10203

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.490		0		1		12.707	3.817	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		15		1		0.934	0.281	
17:1.....g									
18:1 undifferentiated.....g	4.020		15		1		11.377	3.417	
20:1.....g	0.090		15		1		0.255	0.077	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		2.406	0.723	
18:2 undifferentiated.....g	0.730		15		1		2.066	0.621	
18:3 undifferentiated.....g	0.020		15		1		0.057	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		15		1		0.170	0.051	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83	3.503	15		1		235	71	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.366		0		1		1.036	0.311	
Threonine.....g	1.316		0		1		3.724	1.119	
Isoleucine.....g	1.349		0		1		3.818	1.147	
Leucine.....g	2.312		0		1		6.543	1.965	
Lysine.....g	2.591		0		1		7.333	2.202	
Methionine.....g	0.763		0		1		2.159	0.649	
Cystine.....g	0.367		0		1		1.039	0.312	
Phenylalanine.....g	1.150		0		1		3.255	0.978	
Tyrosine.....g	1.004		0		1		2.841	0.853	
Valine.....g	1.563		0		1		4.423	1.329	
Arginine.....g	1.791		0		1		5.069	1.522	
Histidine.....g	1.151		0		1		3.257	0.978	
Alanine.....g	1.678		0		1		4.749	1.426	
Aspartic acid.....g	2.672		0		1		7.562	2.271	
Glutamic acid.....g	4.510		0		1		12.763	3.834	
Glycine.....g	1.368		0		1		3.871	1.163	
Proline.....g	1.157		0		1		3.274	0.983	
Serine.....g	1.190		0		1		3.368	1.012	
Hydroxyproline.....g									

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Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10205

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	9.280		0		1		21.808	7.888	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		1.387	0.502	
17:1.....g									
18:1 undifferentiated.....g	8.420		0		1		19.787	7.157	
20:1.....g	0.170		0		1		0.400	0.145	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.910		0		1		4.489	1.624	
18:2 undifferentiated.....g	1.710		0		1		4.019	1.454	
18:3 undifferentiated.....g	0.060		0		1		0.141	0.051	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.118	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		204	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.285		0		1		0.670	0.242	
Threonine.....g	1.062		0		1		2.496	0.903	
Isoleucine.....g	1.078		0		1		2.533	0.916	
Leucine.....g	1.883		0		1		4.425	1.601	
Lysine.....g	2.123		0		1		4.989	1.805	
Methionine.....g	0.608		0		1		1.429	0.517	
Cystine.....g	0.295		0		1		0.693	0.251	
Phenylalanine.....g	0.944		0		1		2.218	0.802	
Tyrosine.....g	0.798		0		1		1.875	0.678	
Valine.....g	1.275		0		1		2.996	1.084	
Arginine.....g	1.535		0		1		3.607	1.305	
Histidine.....g	0.902		0		1		2.120	0.767	
Alanine.....g	1.414		0		1		3.323	1.202	
Aspartic acid.....g	2.168		0		1		5.095	1.843	
Glutamic acid.....g	3.608		0		1		8.479	3.067	
Glycine.....g	1.363		0		1		3.203	1.159	
Proline.....g	1.084		0		1		2.547	0.921	
Serine.....g	0.985		0		1		2.315	0.837	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10206

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	11.010		0		1		26.534	9.359	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		0		1		1.759	0.621	
17:1.....g									
18:1 undifferentiated.....g	9.940		0		1		23.955	8.449	
20:1.....g	0.220		0		1		0.530	0.187	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.010		0		1		4.844	1.709	
18:2 undifferentiated.....g	1.780		0		1		4.290	1.513	
18:3 undifferentiated.....g	0.060		0		1		0.145	0.051	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.193	0.068	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	92	0.948	15		1		222	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.297		0		1		0.716	0.252	
Threonine.....g	1.069		0		1		2.576	0.909	
Isoleucine.....g	1.096		0		1		2.641	0.932	
Leucine.....g	1.878		0		1		4.526	1.596	
Lysine.....g	2.104		0		1		5.071	1.788	
Methionine.....g	0.620		0		1		1.494	0.527	
Cystine.....g	0.298		0		1		0.718	0.253	
Phenylalanine.....g	0.934		0		1		2.251	0.794	
Tyrosine.....g	0.815		0		1		1.964	0.693	
Valine.....g	1.269		0		1		3.058	1.079	
Arginine.....g	1.455		0		1		3.507	1.237	
Histidine.....g	0.935		0		1		2.253	0.795	
Alanine.....g	1.363		0		1		3.285	1.159	
Aspartic acid.....g	2.170		0		1		5.230	1.845	
Glutamic acid.....g	3.663		0		1		8.828	3.114	
Glycine.....g	1.111		0		1		2.678	0.944	
Proline.....g	0.940		0		1		2.265	0.799	
Serine.....g	0.967		0		1		2.330	0.822	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10204

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	8.340		0		1		2.364	37.830	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.150	2.404	
17:1.....g									
18:1 undifferentiated.....g	7.650		0		1		2.169	34.700	
20:1.....g	0.140		0		1		0.040	0.635	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.000		0		1		0.567	9.072	
18:2 undifferentiated.....g	1.670		0		1		0.473	7.575	
18:3 undifferentiated.....g	0.130		0		1		0.037	0.590	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.031	0.499	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		20	313	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.205		0		1		0.058	0.930	
Threonine.....g	0.760		0		1		0.215	3.447	
Isoleucine.....g	0.773		0		1		0.219	3.506	
Leucine.....g	1.345		0		1		0.381	6.101	
Lysine.....g	1.515		0		1		0.430	6.872	
Methionine.....g	0.436		0		1		0.124	1.978	
Cystine.....g	0.211		0		1		0.060	0.957	
Phenylalanine.....g	0.673		0		1		0.191	3.053	
Tyrosine.....g	0.572		0		1		0.162	2.595	
Valine.....g	0.911		0		1		0.258	4.132	
Arginine.....g	1.086		0		1		0.308	4.926	
Histidine.....g	0.649		0		1		0.184	2.944	
Alanine.....g	1.004		0		1		0.285	4.554	
Aspartic acid.....g	1.550		0		1		0.439	7.031	
Glutamic acid.....g	2.586		0		1		0.733	11.730	
Glycine.....g	0.941		0		1		0.267	4.268	
Proline.....g	0.756		0		1		0.214	3.429	
Serine.....g	0.702		0		1		0.199	3.184	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10208

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.910		0		1		11.702	5.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0		1		0.772	0.332	
17:1.....g									
18:1 undifferentiated.....g	5.340		0		1		10.573	4.539	
20:1.....g	0.120		0		1		0.238	0.102	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		2.119	0.910	
18:2 undifferentiated.....g	0.950		0		1		1.881	0.808	
18:3 undifferentiated.....g	0.030		0		1		0.059	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.079	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		170	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.331		0		1		0.655	0.281	
Threonine.....g	1.189		0		1		2.354	1.011	
Isoleucine.....g	1.219		0		1		2.414	1.036	
Leucine.....g	2.089		0		1		4.136	1.776	
Lysine.....g	2.342		0		1		4.637	1.991	
Methionine.....g	0.689		0		1		1.364	0.586	
Cystine.....g	0.332		0		1		0.657	0.282	
Phenylalanine.....g	1.039		0		1		2.057	0.883	
Tyrosine.....g	0.907		0		1		1.796	0.771	
Valine.....g	1.413		0		1		2.798	1.201	
Arginine.....g	1.619		0		1		3.206	1.376	
Histidine.....g	1.040		0		1		2.059	0.884	
Alanine.....g	1.517		0		1		3.004	1.289	
Aspartic acid.....g	2.415		0		1		4.782	2.053	
Glutamic acid.....g	4.076		0		1		8.070	3.465	
Glycine.....g	1.236		0		1		2.447	1.051	
Proline.....g	1.046		0		1		2.071	0.889	
Serine.....g	1.076		0		1		2.130	0.915	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10209

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.460		0		1		12.468	5.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		32		1		0.849	0.374	
17:1.....g									
18:1 undifferentiated.....g	5.810		32		1		11.213	4.939	
20:1.....g	0.140		15		1		0.270	0.119	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.100		0		1		2.123	0.935	
18:2 undifferentiated.....g	0.960		32		1		1.853	0.816	
18:3 undifferentiated.....g	0.030		32		1		0.058	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		32		1		0.097	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	93	0.862	15		1		179	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.338		0		1		0.652	0.287	
Threonine.....g	1.215		0		1		2.345	1.033	
Isoleucine.....g	1.246		0		1		2.405	1.059	
Leucine.....g	2.135		0		1		4.121	1.815	
Lysine.....g	2.392		0		1		4.617	2.033	
Methionine.....g	0.704		0		1		1.359	0.598	
Cystine.....g	0.339		0		1		0.654	0.288	
Phenylalanine.....g	1.062		0		1		2.050	0.903	
Tyrosine.....g	0.927		0		1		1.789	0.788	
Valine.....g	1.443		0		1		2.785	1.227	
Arginine.....g	1.654		0		1		3.192	1.406	
Histidine.....g	1.063		0		1		2.052	0.904	
Alanine.....g	1.550		0		1		2.992	1.318	
Aspartic acid.....g	2.468		0		1		4.763	2.098	
Glutamic acid.....g	4.165		0		1		8.038	3.540	
Glycine.....g	1.263		0		1		2.438	1.074	
Proline.....g	1.069		0		1		2.063	0.909	
Serine.....g	1.099		0		1		2.121	0.934	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10207

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

Refuse: 44% Bone 32%, separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.80	0.337	15		1		20.36	325.68	
Energy.....kcal	157		0	NC	4		45	712	
Energy.....kj	657				4		186	2980	
Protein (N x 6.25).....g	19.27	0.344	17		1		5.46	87.41	
Total lipid (fat).....g	8.25	0.463	15		1		2.34	37.42	
Ash.....g	1.00	0.028	13		1		0.28	4.54	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	0.925	5		1		7	104	
Iron, Fe.....mg	1.02	0.049	17		1		0.29	4.63	
Magnesium, Mg.....mg	21	0.263	5		1		6	95	
Phosphorus, P.....mg	191	3.368	5		1		54	866	
Potassium, K.....mg	340	6.602	16		1		96	1542	
Sodium, Na.....mg	67	1.173	16		1		19	304	
Zinc, Zn.....mg	2.95	0.078	16		1		0.84	13.38	
Copper, Cu.....mg	0.075	0.003	16		1		0.021	0.340	
Manganese, Mn.....mg	0.013		0		1		0.004	0.059	
Selenium, Se.....mcg	32.6	3.054	5	A	1		9.2	147.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.2	3.6	
Thiamin.....mg	0.808	0.046	12		1		0.229	3.665	
Riboflavin.....mg	0.279	0.009	13		1		0.079	1.266	
Niacin.....mg	4.324	0.259	13		1		1.226	19.614	
Pantothenic acid.....mg	0.757		0		1		0.215	3.434	
Vitamin B-6.....mg	0.490		1		1		0.139	2.223	
Folate, total.....mcg	4		0		1		1	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12.....mcg	0.84	0.055	11		1		0.24	3.81	
Vitamin A, IU.....IU	7		0	NC	4		2	30	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	9	
Retinol.....mcg	2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.05	0.82	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.830		0	NC	4		0.802	12.837	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g									
10:0.....g	0.010		73		1		0.003	0.045	
12:0.....g	0.010		75		1		0.003	0.045	
13:0.....g									
14:0.....g	0.100		378		1		0.028	0.454	
15:0.....g									
16:0.....g	1.820		378		1		0.516	8.256	
17:0.....g									
18:0.....g	0.890		378		1		0.252	4.037	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10207

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.710		0	NC	4		1.052	16.829	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		378		1		0.074	1.179	
17:1.....g									
18:1 undifferentiated.....g	3.390		378		1		0.961	15.377	
20:1.....g	0.060		71		1		0.017	0.272	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0	NC	4		0.241	3.856	
18:2 undifferentiated.....g	0.720		378		1		0.204	3.266	
18:3 undifferentiated.....g	0.030		190		1		0.009	0.136	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		315		1		0.028	0.454	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64	1.290	11		1		18	290	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.069	1.111	
Threonine.....g	0.880		0		1		0.249	3.992	
Isoleucine.....g	0.902		0		1		0.256	4.091	
Leucine.....g	1.546		0		1		0.438	7.013	
Lysine.....g	1.733		0		1		0.491	7.861	
Methionine.....g	0.510		0		1		0.145	2.313	
Cystine.....g	0.246		0		1		0.070	1.116	
Phenylalanine.....g	0.769		0		1		0.218	3.488	
Tyrosine.....g	0.671		0		1		0.190	3.044	
Valine.....g	1.045		0		1		0.296	4.740	
Arginine.....g	1.198		0		1		0.340	5.434	
Histidine.....g	0.770		0		1		0.218	3.493	
Alanine.....g	1.123		0		1		0.318	5.094	
Aspartic acid.....g	1.787		0		1		0.507	8.106	
Glutamic acid.....g	3.017		0		1		0.855	13.685	
Glycine.....g	0.915		0		1		0.259	4.150	
Proline.....g	0.774		0		1		0.219	3.511	
Serine.....g	0.796		0		1		0.226	3.611	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10207
Pork, fresh, loin, country-style ribs, separable lean only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10052

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.070		0		1		27.534	6.495	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0		1		1.769	0.417	
17:1.....g									
18:1 undifferentiated.....g	5.570		0		1		25.266	5.960	
20:1.....g	0.100		0		1		0.454	0.107	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.460		0		1		6.623	1.562	
18:2 undifferentiated.....g	1.210		0		1		5.489	1.295	
18:3 undifferentiated.....g	0.100		0		1		0.454	0.107	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.363	0.086	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		304	72	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.236		0		1		1.070	0.253	
Threonine.....g	0.865		0		1		3.924	0.926	
Isoleucine.....g	0.882		0		1		4.001	0.944	
Leucine.....g	1.526		0		1		6.922	1.633	
Lysine.....g	1.716		0		1		7.784	1.836	
Methionine.....g	0.498		0		1		2.259	0.533	
Cystine.....g	0.241		0		1		1.093	0.258	
Phenylalanine.....g	0.762		0		1		3.456	0.815	
Tyrosine.....g	0.654		0		1		2.967	0.700	
Valine.....g	1.033		0		1		4.686	1.105	
Arginine.....g	1.215		0		1		5.511	1.300	
Histidine.....g	0.745		0		1		3.379	0.797	
Alanine.....g	1.128		0		1		5.117	1.207	
Aspartic acid.....g	1.761		0		1		7.988	1.884	
Glutamic acid.....g	2.950		0		1		13.381	3.157	
Glycine.....g	1.008		0		1		4.572	1.079	
Proline.....g	0.824		0		1		3.738	0.882	
Serine.....g	0.793		0		1		3.597	0.849	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 107g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10056

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

Refuse: 38% Bone 29%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.53	0.255	15		1		329.00	68.18	
Energy.....kcal	142		0	NC	4		644	133	
Energy.....kj	594				4		2695	558	
Protein (N x 6.25).....g	21.06	0.351	11		1		95.53	19.80	
Total lipid (fat).....g	5.76	0.307	15		1		26.13	5.41	
Ash.....g	1.09	0.026	11		1		4.94	1.02	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13	2.308	5		1		59	12	
Iron, Fe.....mg	0.87	0.044	16		1		3.95	0.82	
Magnesium, Mg.....mg	26	0.383	13		1		118	24	
Phosphorus, P.....mg	218	2.020	13		1		989	205	
Potassium, K.....mg	370	5.052	36		1		1678	348	
Sodium, Na.....mg	51	1.315	36		1		231	48	
Zinc, Zn.....mg	1.85	0.057	16		1		8.39	1.74	
Copper, Cu.....mg	0.069	0.005	16		1		0.313	0.065	
Manganese, Mn.....mg	0.014		0		1		0.064	0.013	
Selenium, Se.....mcg	33.2	3.551	5	A	1		150.6	31.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		4.1	0.8	
Thiamin.....mg	1.086	0.082	15		1		4.926	1.021	
Riboflavin.....mg	0.292	0.015	15		1		1.325	0.274	
Niacin.....mg	4.407	0.222	16		1		19.990	4.143	
Pantothenic acid.....mg	0.828		0		1		3.756	0.778	
Vitamin B-6.....mg	0.630		1		1		2.858	0.592	
Folate, total.....mcg	5		0		1		23	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		23	5	
Folate, DFE.....mcg_DFE	5		0	NC	4		23	5	
Vitamin B-12.....mcg	0.69	0.041	10		1		3.13	0.65	
Vitamin A, IU.....IU	7		0	NC	4		30	6	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		9	2	
Retinol.....mcg	2		0	NR	4		9	2	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.80	0.17	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.990		0		1		9.027	1.871	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g									
10:0.....g	0.010		73		1		0.045	0.009	
12:0.....g	0.010		75		1		0.045	0.009	
13:0.....g									
14:0.....g	0.070		378		1		0.318	0.066	
15:0.....g									
16:0.....g	1.270		378		1		5.761	1.194	
17:0.....g									
18:0.....g	0.620		378		1		2.812	0.583	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10056

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.600		0		1		11.794	2.444	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		378		1		0.816	0.169	
17:1.....g									
18:1 undifferentiated.....g	2.370		378		1		10.750	2.228	
20:1.....g	0.040		71		1		0.181	0.038	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.620		0		1		2.812	0.583	
18:2 undifferentiated.....g	0.500		378		1		2.268	0.470	
18:3 undifferentiated.....g	0.020		190		1		0.091	0.019	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		315		1		0.318	0.066	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	63	0.965	11		1		286	59	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		1		1.216	0.252	
Threonine.....g	0.962		0		1		4.364	0.904	
Isoleucine.....g	0.986		0		1		4.472	0.927	
Leucine.....g	1.690		0		1		7.666	1.589	
Lysine.....g	1.894		0		1		8.591	1.780	
Methionine.....g	0.558		0		1		2.531	0.525	
Cystine.....g	0.269		0		1		1.220	0.253	
Phenylalanine.....g	0.841		0		1		3.815	0.791	
Tyrosine.....g	0.734		0		1		3.329	0.690	
Valine.....g	1.143		0		1		5.185	1.074	
Arginine.....g	1.309		0		1		5.938	1.230	
Histidine.....g	0.841		0		1		3.815	0.791	
Alanine.....g	1.227		0		1		5.566	1.153	
Aspartic acid.....g	1.953		0		1		8.859	1.836	
Glutamic acid.....g	3.297		0		1		14.955	3.099	
Glycine.....g	1.000		0		1		4.536	0.940	
Proline.....g	0.846		0		1		3.837	0.795	
Serine.....g	0.870		0		1		3.946	0.818	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 94g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10056
Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10210

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.830		0		1		12.837	2.943	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.862	0.198	
17:1.....g									
18:1 undifferentiated.....g	2.590		0		1		11.748	2.694	
20:1.....g	0.050		0		1		0.227	0.052	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0		1		3.084	0.707	
18:2 undifferentiated.....g	0.560		0		1		2.540	0.582	
18:3 undifferentiated.....g	0.040		0		1		0.181	0.042	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.272	0.062	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		1		290	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0		1		1.175	0.269	
Threonine.....g	0.936		0		1		4.246	0.973	
Isoleucine.....g	0.959		0		1		4.350	0.997	
Leucine.....g	1.647		0		1		7.471	1.713	
Lysine.....g	1.848		0		1		8.383	1.922	
Methionine.....g	0.542		0		1		2.459	0.564	
Cystine.....g	0.261		0		1		1.184	0.271	
Phenylalanine.....g	0.820		0		1		3.720	0.853	
Tyrosine.....g	0.713		0		1		3.234	0.742	
Valine.....g	1.114		0		1		5.053	1.159	
Arginine.....g	1.285		0		1		5.829	1.336	
Histidine.....g	0.816		0		1		3.701	0.849	
Alanine.....g	1.201		0		1		5.448	1.249	
Aspartic acid.....g	1.903		0		1		8.632	1.979	
Glutamic acid.....g	3.207		0		1		14.547	3.335	
Glycine.....g	1.002		0		1		4.545	1.042	
Proline.....g	0.840		0		1		3.810	0.874	
Serine.....g	0.850		0		1		3.856	0.884	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 453.6g: 1 lb

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10214
Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.910		0		1		8.664	1.929	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		378		1		0.590	0.131	
17:1.....g									
18:1 undifferentiated.....g	1.730		378		1		7.847	1.747	
20:1.....g	0.030		71		1		0.136	0.030	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		0		1		2.041	0.455	
18:2 undifferentiated.....g	0.370		378		1		1.678	0.374	
18:3 undifferentiated.....g	0.020		190		1		0.091	0.020	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		315		1		0.227	0.051	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	63	0.965	11		1		286	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		1		1.216	0.271	
Threonine.....g	0.962		0		1		4.364	0.972	
Isoleucine.....g	0.986		0		1		4.472	0.996	
Leucine.....g	1.690		0		1		7.666	1.707	
Lysine.....g	1.894		0		1		8.591	1.913	
Methionine.....g	0.558		0		1		2.531	0.564	
Cystine.....g	0.269		0		1		1.220	0.272	
Phenylalanine.....g	0.841		0		1		3.815	0.849	
Tyrosine.....g	0.734		0		1		3.329	0.741	
Valine.....g	1.143		0		1		5.185	1.154	
Arginine.....g	1.309		0		1		5.938	1.322	
Histidine.....g	0.841		0		1		3.815	0.849	
Alanine.....g	1.227		0		1		5.566	1.239	
Aspartic acid.....g	1.953		0		1		8.859	1.973	
Glutamic acid.....g	3.297		0		1		14.955	3.330	
Glycine.....g	1.000		0		1		4.536	1.010	
Proline.....g	0.846		0		1		3.837	0.854	
Serine.....g	0.870		0		1		3.946	0.879	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

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

NDB No. 10214

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10053

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.560		0		1		5.576	5.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0		1		0.366	0.344	
17:1.....g									
18:1 undifferentiated.....g	5.950		0		1		5.058	4.760	
20:1.....g	0.120		0		1		0.102	0.096	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.400		0		1		1.190	1.120	
18:2 undifferentiated.....g	1.240		0		1		1.054	0.992	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.032	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.048	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		70	66	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.309		0		1		0.263	0.247	
Threonine.....g	1.138		0		1		0.967	0.910	
Isoleucine.....g	1.159		0		1		0.985	0.927	
Leucine.....g	2.012		0		1		1.710	1.610	
Lysine.....g	2.264		0		1		1.924	1.811	
Methionine.....g	0.654		0		1		0.556	0.523	
Cystine.....g	0.317		0		1		0.269	0.254	
Phenylalanine.....g	1.006		0		1		0.855	0.805	
Tyrosine.....g	0.860		0		1		0.731	0.688	
Valine.....g	1.362		0		1		1.158	1.090	
Arginine.....g	1.613		0		1		1.371	1.290	
Histidine.....g	0.976		0		1		0.830	0.781	
Alanine.....g	1.494		0		1		1.270	1.195	
Aspartic acid.....g	2.320		0		1		1.972	1.856	
Glutamic acid.....g	3.879		0		1		3.297	3.103	
Glycine.....g	1.366		0		1		1.161	1.093	
Proline.....g	1.107		0		1		0.941	0.886	
Serine.....g	1.047		0		1		0.890	0.838	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10054

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.990		0		1		5.942	5.243	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.391	0.345	
17:1.....g									
18:1 undifferentiated.....g	6.330		0		1		5.381	4.748	
20:1.....g	0.130		0		1		0.111	0.098	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0		1		1.275	1.125	
18:2 undifferentiated.....g	1.330		0		1		1.131	0.998	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.030	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.045	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		73	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.326		0		1		0.277	0.245	
Threonine.....g	1.197		0		1		1.017	0.898	
Isoleucine.....g	1.220		0		1		1.037	0.915	
Leucine.....g	2.116		0		1		1.799	1.587	
Lysine.....g	2.380		0		1		2.023	1.785	
Methionine.....g	0.689		0		1		0.586	0.517	
Cystine.....g	0.334		0		1		0.284	0.251	
Phenylalanine.....g	1.058		0		1		0.899	0.794	
Tyrosine.....g	0.905		0		1		0.769	0.679	
Valine.....g	1.432		0		1		1.217	1.074	
Arginine.....g	1.693		0		1		1.439	1.270	
Histidine.....g	1.028		0		1		0.874	0.771	
Alanine.....g	1.569		0		1		1.334	1.177	
Aspartic acid.....g	2.440		0		1		2.074	1.830	
Glutamic acid.....g	4.082		0		1		3.470	3.062	
Glycine.....g	1.428		0		1		1.214	1.071	
Proline.....g	1.160		0		1		0.986	0.870	
Serine.....g	1.101		0		1		0.936	0.826	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10054
Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10057

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	3.970		0		1		3.375	2.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.238	0.202	
17:1.....g									
18:1 undifferentiated.....g	3.570		0		1		3.035	2.570	
20:1.....g	0.080		0		1		0.068	0.058	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		0.663	0.562	
18:2 undifferentiated.....g	0.680		0		1		0.578	0.490	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.036	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		69	58	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.343		0		1		0.292	0.247	
Threonine.....g	1.233		0		1		1.048	0.888	
Isoleucine.....g	1.264		0		1		1.074	0.910	
Leucine.....g	2.166		0		1		1.841	1.560	
Lysine.....g	2.428		0		1		2.064	1.748	
Methionine.....g	0.715		0		1		0.608	0.515	
Cystine.....g	0.344		0		1		0.292	0.248	
Phenylalanine.....g	1.078		0		1		0.916	0.776	
Tyrosine.....g	0.941		0		1		0.800	0.678	
Valine.....g	1.465		0		1		1.245	1.055	
Arginine.....g	1.678		0		1		1.426	1.208	
Histidine.....g	1.079		0		1		0.917	0.777	
Alanine.....g	1.573		0		1		1.337	1.133	
Aspartic acid.....g	2.504		0		1		2.128	1.803	
Glutamic acid.....g	4.227		0		1		3.593	3.043	
Glycine.....g	1.282		0		1		1.090	0.923	
Proline.....g	1.085		0		1		0.922	0.781	
Serine.....g	1.115		0		1		0.948	0.803	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.54		0		1		51.46	40.56	
Energy.....kcal	213		0	NC	4		181	143	
Energy.....kj	891				4		758	597	
Protein (N x 6.25).....g	28.46		0		1		24.19	19.07	
Total lipid (fat).....g	10.12		0		1		8.60	6.78	
Ash.....g	1.47		0		1		1.25	0.98	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0		1		11	9	
Iron, Fe.....mg	1.07		0		1		0.91	0.72	
Magnesium, Mg.....mg	31		0		1		26	21	
Phosphorus, P.....mg	257		0		1		218	172	
Potassium, K.....mg	401		0		1		341	269	
Sodium, Na.....mg	72		0		1		61	48	
Zinc, Zn.....mg	2.74		0		1		2.33	1.84	
Copper, Cu.....mg	0.059		0		1		0.050	0.040	
Manganese, Mn.....mg	0.010		0		1		0.009	0.007	
Selenium, Se.....mcg	51.6	5.420	5	A	1		43.9	34.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	0.7	
Thiamin.....mg	1.027		0		1		0.873	0.688	
Riboflavin.....mg	0.375		0		1		0.319	0.251	
Niacin.....mg	4.764		0		1		4.049	3.192	
Pantothenic acid.....mg	0.783		0		1		0.666	0.525	
Vitamin B-6.....mg	0.596		0		1		0.507	0.399	
Folate, total.....mcg	1	0.000	8	A	1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1	0.000	8	A	1		1	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12.....mcg	0.79		0		1		0.67	0.53	
Vitamin A, IU.....IU	7		0	NC	4		6	4	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	1	
Retinol.....mcg	2		0	NR	4		2	1	
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFSN	4		0.23	0.18	
Tocopherol, beta.....mg	0.00	0.000	8	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.05	0.006	8	A	1		0.04	0.03	
Tocopherol, delta.....mg	0.00	0.000	8	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.610		0		1		3.069	2.419	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		0		1		0.009	0.007	
12:0.....g	0.010		0		1		0.009	0.007	
13:0.....g									
14:0.....g	0.120		0		1		0.102	0.080	
15:0.....g									
16:0.....g	2.240		0		1		1.904	1.501	
17:0.....g									
18:0.....g	1.160		0		1		0.986	0.777	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10058

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.450		0		1		3.783	2.982	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.264	0.208	
17:1.....g									
18:1 undifferentiated.....g	4.000		0		1		3.400	2.680	
20:1.....g	0.090		0		1		0.077	0.060	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.890		0		1		0.757	0.596	
18:2 undifferentiated.....g	0.770		0		1		0.655	0.516	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		72	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.362		0		1		0.308	0.243	
Threonine.....g	1.300		0		1		1.105	0.871	
Isoleucine.....g	1.333		0		1		1.133	0.893	
Leucine.....g	2.283		0		1		1.941	1.530	
Lysine.....g	2.559		0		1		2.175	1.715	
Methionine.....g	0.754		0		1		0.641	0.505	
Cystine.....g	0.363		0		1		0.309	0.243	
Phenylalanine.....g	1.136		0		1		0.966	0.761	
Tyrosine.....g	0.992		0		1		0.843	0.665	
Valine.....g	1.544		0		1		1.312	1.034	
Arginine.....g	1.769		0		1		1.504	1.185	
Histidine.....g	1.137		0		1		0.966	0.762	
Alanine.....g	1.658		0		1		1.409	1.111	
Aspartic acid.....g	2.640		0		1		2.244	1.769	
Glutamic acid.....g	4.455		0		1		3.787	2.985	
Glycine.....g	1.351		0		1		1.148	0.905	
Proline.....g	1.143		0		1		0.972	0.766	
Serine.....g	1.176		0		1		1.000	0.788	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10058

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.60		0		1		54.06	52.15	
Energy.....kcal	189		0	NC	4		161	155	
Energy.....kj	791				4		672	648	
Protein (N x 6.25).....g	26.54		0		1		22.56	21.76	
Total lipid (fat).....g	8.38		0		1		7.12	6.87	
Ash.....g	1.38		0		1		1.17	1.13	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0		1		11	11	
Iron, Fe.....mg	1.09		0		1		0.93	0.89	
Magnesium, Mg.....mg	21		0		1		18	17	
Phosphorus, P.....mg	181		0		1		154	148	
Potassium, K.....mg	352		0		1		299	289	
Sodium, Na.....mg	46		0		1		39	38	
Zinc, Zn.....mg	2.34		0		1		1.99	1.92	
Copper, Cu.....mg	0.088		0		1		0.075	0.072	
Manganese, Mn.....mg	0.014		0		1		0.012	0.011	
Selenium, Se.....mcg	41.7		0	PIE	4		35.4	34.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		0.7	0.7	
Thiamin.....mg	0.685		0		1		0.582	0.562	
Riboflavin.....mg	0.275		0		1		0.234	0.226	
Niacin.....mg	3.911		0		1		3.324	3.207	
Pantothenic acid.....mg	0.679		0		1		0.577	0.557	
Vitamin B-6.....mg	0.434		0		1		0.369	0.356	
Folate, total.....mcg	3		0		1		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		1		3	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	2	
Vitamin B-12.....mcg	0.57		0		1		0.48	0.47	
Vitamin A, IU.....IU	7		0	NC	4		6	5	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	2	
Retinol.....mcg	2		0	NR	4		2	2	
Vitamin E (alpha-tocopherol).....mg	0.21		0	BFSN	4		0.18	0.17	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.030		0		1		2.576	2.485	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		0		1		0.009	0.008	
12:0.....g	0.010		0		1		0.009	0.008	
13:0.....g									
14:0.....g	0.100								

NDB No. 10211

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.660		0		1		3.111	3.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.213	0.205	
17:1.....g									
18:1 undifferentiated.....g	3.310		0		1		2.814	2.714	
20:1.....g	0.070		0		1		0.060	0.057	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		0.638	0.615	
18:2 undifferentiated.....g	0.660		0		1		0.561	0.541	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.033	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		69	66	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.334		0		1		0.284	0.274	
Threonine.....g	1.206		0		1		1.025	0.989	
Isoleucine.....g	1.235		0		1		1.050	1.013	
Leucine.....g	2.123		0		1		1.805	1.741	
Lysine.....g	2.382		0		1		2.025	1.953	
Methionine.....g	0.698		0		1		0.593	0.572	
Cystine.....g	0.337		0		1		0.286	0.276	
Phenylalanine.....g	1.058		0		1		0.899	0.868	
Tyrosine.....g	0.918		0		1		0.780	0.753	
Valine.....g	1.436		0		1		1.221	1.178	
Arginine.....g	1.660		0		1		1.411	1.361	
Histidine.....g	1.050		0		1		0.893	0.861	
Alanine.....g	1.551		0		1		1.318	1.272	
Aspartic acid.....g	2.453		0		1		2.085	2.011	
Glutamic acid.....g	4.129		0		1		3.510	3.386	
Glycine.....g	1.306		0		1		1.110	1.071	
Proline.....g	1.091		0		1		0.927	0.895	
Serine.....g	1.096		0		1		0.932	0.899	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 82g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 113 g)

NDB No. 10211
Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10212

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.750		0		1		3.188	2.775	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.238	0.207	
17:1.....g									
18:1 undifferentiated.....g	3.350		0		1		2.848	2.479	
20:1.....g	0.080		0		1		0.068	0.059	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.690		0		1		0.587	0.511	
18:2 undifferentiated.....g	0.560		0		1		0.476	0.414	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.015	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.060	0.052	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	91	3.838	14		1		77	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.388		0		1		0.330	0.287	
Threonine.....g	1.394		0		1		1.185	1.032	
Isoleucine.....g	1.429		0		1		1.215	1.057	
Leucine.....g	2.449		0		1		2.082	1.812	
Lysine.....g	2.745		0		1		2.333	2.031	
Methionine.....g	0.808		0		1		0.687	0.598	
Cystine.....g	0.389		0		1		0.331	0.288	
Phenylalanine.....g	1.218		0		1		1.035	0.901	
Tyrosine.....g	1.063		0		1		0.904	0.787	
Valine.....g	1.656		0		1		1.408	1.225	
Arginine.....g	1.897		0		1		1.612	1.404	
Histidine.....g	1.219		0		1		1.036	0.902	
Alanine.....g	1.778		0		1		1.511	1.316	
Aspartic acid.....g	2.831		0		1		2.406	2.095	
Glutamic acid.....g	4.778		0		1		4.061	3.536	
Glycine.....g	1.449		0		1		1.232	1.072	
Proline.....g	1.226		0		1		1.042	0.907	
Serine.....g	1.261		0		1		1.072	0.933	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10212

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10215

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.900		0		1		2.465	2.320	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.170	0.160	
17:1.....g									
18:1 undifferentiated.....g	2.610		0		1		2.219	2.088	
20:1.....g	0.060		0		1		0.051	0.048	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.570		0		1		0.485	0.456	
18:2 undifferentiated.....g	0.500		0		1		0.425	0.400	
18:3 undifferentiated.....g	0.010		0		1		0.009	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.026	0.024	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		69	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.343		0		1		0.292	0.274	
Threonine.....g	1.233		0		1		1.048	0.986	
Isoleucine.....g	1.264		0		1		1.074	1.011	
Leucine.....g	2.166		0		1		1.841	1.733	
Lysine.....g	2.428		0		1		2.064	1.942	
Methionine.....g	0.715		0		1		0.608	0.572	
Cystine.....g	0.344		0		1		0.292	0.275	
Phenylalanine.....g	1.078		0		1		0.916	0.862	
Tyrosine.....g	0.941		0		1		0.800	0.753	
Valine.....g	1.465		0		1		1.245	1.172	
Arginine.....g	1.678		0		1		1.426	1.342	
Histidine.....g	1.079		0		1		0.917	0.863	
Alanine.....g	1.573		0		1		1.337	1.258	
Aspartic acid.....g	2.504		0		1		2.128	2.003	
Glutamic acid.....g	4.227		0		1		3.593	3.382	
Glycine.....g	1.282		0		1		1.090	1.026	
Proline.....g	1.085		0		1		0.922	0.868	
Serine.....g	1.115		0		1		0.948	0.892	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10216

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.910		0		1		2.474	2.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		14		1		0.187	0.156	
17:1.....g									
18:1 undifferentiated.....g	2.600		14		1		2.210	1.846	
20:1.....g	0.060		14		1		0.051	0.043	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.530		0		1		0.451	0.376	
18:2 undifferentiated.....g	0.430		14		1		0.366	0.305	
18:3 undifferentiated.....g	0.010		14		1		0.009	0.007	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		14		1		0.051	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	92	4.032	14		1		78	65	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.395		0		1		0.336	0.280	
Threonine.....g	1.422		0		1		1.209	1.010	
Isoleucine.....g	1.458		0		1		1.239	1.035	
Leucine.....g	2.498		0		1		2.123	1.774	
Lysine.....g	2.799		0		1		2.379	1.987	
Methionine.....g	0.824		0		1		0.700	0.585	
Cystine.....g	0.397		0		1		0.337	0.282	
Phenylalanine.....g	1.243		0		1		1.057	0.883	
Tyrosine.....g	1.085		0		1		0.922	0.770	
Valine.....g	1.689		0		1		1.436	1.199	
Arginine.....g	1.935		0		1		1.645	1.374	
Histidine.....g	1.244		0		1		1.057	0.883	
Alanine.....g	1.814		0		1		1.542	1.288	
Aspartic acid.....g	2.887		0		1		2.454	2.050	
Glutamic acid.....g	4.873		0		1		4.142	3.460	
Glycine.....g	1.478		0		1		1.256	1.049	
Proline.....g	1.251		0		1		1.063	0.888	
Serine.....g	1.286		0		1		1.093	0.913	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10216
Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10055

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

Refuse: 31% Bone

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

NDB No. 10055

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	7.020		0		1		16.216	5.967	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		1.155	0.425	
17:1.....g									
18:1 undifferentiated.....g	6.320		0		1		14.599	5.372	
20:1.....g	0.130		0		1		0.300	0.111	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.380		0		1		3.188	1.173	
18:2 undifferentiated.....g	1.220		0		1		2.818	1.037	
18:3 undifferentiated.....g	0.030		0		1		0.069	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.162	0.060	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	87	0.875	30		1		201	74	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.346		0		1		0.799	0.294	
Threonine.....g	1.244		0		1		2.874	1.057	
Isoleucine.....g	1.276		0		1		2.948	1.085	
Leucine.....g	2.186		0		1		5.050	1.858	
Lysine.....g	2.450		0		1		5.660	2.083	
Methionine.....g	0.721		0		1		1.666	0.613	
Cystine.....g	0.347		0		1		0.802	0.295	
Phenylalanine.....g	1.087		0		1		2.511	0.924	
Tyrosine.....g	0.949		0		1		2.192	0.807	
Valine.....g	1.478		0		1		3.414	1.256	
Arginine.....g	1.693		0		1		3.911	1.439	
Histidine.....g	1.088		0		1		2.513	0.925	
Alanine.....g	1.587		0		1		3.666	1.349	
Aspartic acid.....g	2.527		0		1		5.837	2.148	
Glutamic acid.....g	4.264		0		1		9.850	3.624	
Glycine.....g	1.293		0		1		2.987	1.099	
Proline.....g	1.094		0		1		2.527	0.930	
Serine.....g	1.125		0		1		2.599	0.956	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10059

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	4.520		0		1		9.402	3.842	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		32		1		0.666	0.272	
17:1.....g									
18:1 undifferentiated.....g	4.070		32		1		8.466	3.460	
20:1.....g	0.090		15		1		0.187	0.077	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		1		1.810	0.740	
18:2 undifferentiated.....g	0.770		32		1		1.602	0.655	
18:3 undifferentiated.....g	0.020		32		1		0.042	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		32		1		0.104	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86	1.258	15		1		179	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.366		0		1		0.761	0.311	
Threonine.....g	1.316		0		1		2.737	1.119	
Isoleucine.....g	1.349		0		1		2.806	1.147	
Leucine.....g	2.312		0		1		4.809	1.965	
Lysine.....g	2.591		0		1		5.389	2.202	
Methionine.....g	0.763		0		1		1.587	0.649	
Cystine.....g	0.367		0		1		0.763	0.312	
Phenylalanine.....g	1.150		0		1		2.392	0.978	
Tyrosine.....g	1.004		0		1		2.088	0.853	
Valine.....g	1.563		0		1		3.251	1.329	
Arginine.....g	1.791		0		1		3.725	1.522	
Histidine.....g	1.151		0		1		2.394	0.978	
Alanine.....g	1.678		0		1		3.490	1.426	
Aspartic acid.....g	2.672		0		1		5.558	2.271	
Glutamic acid.....g	4.510		0		1		9.381	3.834	
Glycine.....g	1.368		0		1		2.845	1.163	
Proline.....g	1.157		0		1		2.407	0.983	
Serine.....g	1.190		0		1		2.475	1.012	
Hydroxyproline.....g									

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Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10213

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.120		0		1		12.978	3.502	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.882	0.238	
17:1.....g									
18:1 undifferentiated.....g	3.720		0		1		11.718	3.162	
20:1.....g	0.080		0		1		0.252	0.068	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		2.678	0.723	
18:2 undifferentiated.....g	0.750		0		1		2.363	0.638	
18:3 undifferentiated.....g	0.020		0		1		0.063	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.126	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		271	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.360		0		1		1.134	0.306	
Threonine.....g	1.298		0		1		4.089	1.103	
Isoleucine.....g	1.329		0		1		4.186	1.130	
Leucine.....g	2.282		0		1		7.188	1.940	
Lysine.....g	2.560		0		1		8.064	2.176	
Methionine.....g	0.751		0		1		2.366	0.638	
Cystine.....g	0.362		0		1		1.140	0.308	
Phenylalanine.....g	1.136		0		1		3.578	0.966	
Tyrosine.....g	0.988		0		1		3.112	0.840	
Valine.....g	1.544		0		1		4.864	1.312	
Arginine.....g	1.778		0		1		5.601	1.511	
Histidine.....g	1.132		0		1		3.566	0.962	
Alanine.....g	1.663		0		1		5.238	1.414	
Aspartic acid.....g	2.637		0		1		8.307	2.241	
Glutamic acid.....g	4.444		0		1		13.999	3.777	
Glycine.....g	1.384		0		1		4.360	1.176	
Proline.....g	1.162		0		1		3.660	0.988	
Serine.....g	1.177		0		1		3.708	1.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 315g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10213
Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10217

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.620		0		1		11.150	3.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.770	0.213	
17:1.....g									
18:1 undifferentiated.....g	3.270		0		1		10.072	2.780	
20:1.....g	0.070		0		1		0.216	0.060	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		2.248	0.621	
18:2 undifferentiated.....g	0.640		0		1		1.971	0.544	
18:3 undifferentiated.....g	0.020		0		1		0.062	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.123	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		265	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.366		0		1		1.127	0.311	
Threonine.....g	1.317		0		1		4.056	1.119	
Isoleucine.....g	1.351		0		1		4.161	1.148	
Leucine.....g	2.315		0		1		7.130	1.968	
Lysine.....g	2.594		0		1		7.990	2.205	
Methionine.....g	0.764		0		1		2.353	0.649	
Cystine.....g	0.368		0		1		1.133	0.313	
Phenylalanine.....g	1.152		0		1		3.548	0.979	
Tyrosine.....g	1.005		0		1		3.095	0.854	
Valine.....g	1.565		0		1		4.820	1.330	
Arginine.....g	1.793		0		1		5.522	1.524	
Histidine.....g	1.152		0		1		3.548	0.979	
Alanine.....g	1.681		0		1		5.177	1.429	
Aspartic acid.....g	2.676		0		1		8.242	2.275	
Glutamic acid.....g	4.516		0		1		13.909	3.839	
Glycine.....g	1.370		0		1		4.220	1.165	
Proline.....g	1.159		0		1		3.570	0.985	
Serine.....g	1.192		0		1		3.671	1.013	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 308g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10217

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10221

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	3.340		0		1		2.839	2.538	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.196	0.175	
17:1.....g									
18:1 undifferentiated.....g	3.010		0		1		2.559	2.288	
20:1.....g	0.060		0		1		0.051	0.046	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0		1		0.629	0.562	
18:2 undifferentiated.....g	0.650		0		1		0.553	0.494	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.015	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.030	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		80	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.376		0		1		0.320	0.286	
Threonine.....g	1.358		0		1		1.154	1.032	
Isoleucine.....g	1.390		0		1		1.182	1.056	
Leucine.....g	2.389		0		1		2.031	1.816	
Lysine.....g	2.680		0		1		2.278	2.037	
Methionine.....g	0.786		0		1		0.668	0.597	
Cystine.....g	0.379		0		1		0.322	0.288	
Phenylalanine.....g	1.190		0		1		1.012	0.904	
Tyrosine.....g	1.034		0		1		0.879	0.786	
Valine.....g	1.616		0		1		1.374	1.228	
Arginine.....g	1.866		0		1		1.586	1.418	
Histidine.....g	1.182		0		1		1.005	0.898	
Alanine.....g	1.744		0		1		1.482	1.325	
Aspartic acid.....g	2.760		0		1		2.346	2.098	
Glutamic acid.....g	4.648		0		1		3.951	3.532	
Glycine.....g	1.463		0		1		1.244	1.112	
Proline.....g	1.224		0		1		1.040	0.930	
Serine.....g	1.233		0		1		1.048	0.937	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10222

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.460		0		1		8.364	2.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.612	0.153	
17:1.....g									
18:1 undifferentiated.....g	2.210		0		1		7.514	1.879	
20:1.....g	0.050		0		1		0.170	0.043	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		1		1.836	0.459	
18:2 undifferentiated.....g	0.470		0		1		1.598	0.400	
18:3 undifferentiated.....g	0.010		0		1		0.034	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.136	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		269	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.351		0		1		1.193	0.298	
Threonine.....g	1.266		0		1		4.304	1.076	
Isoleucine.....g	1.297		0		1		4.410	1.102	
Leucine.....g	2.227		0		1		7.572	1.893	
Lysine.....g	2.497		0		1		8.490	2.122	
Methionine.....g	0.733		0		1		2.492	0.623	
Cystine.....g	0.353		0		1		1.200	0.300	
Phenylalanine.....g	1.109		0		1		3.771	0.943	
Tyrosine.....g	0.964		0		1		3.278	0.819	
Valine.....g	1.506		0		1		5.120	1.280	
Arginine.....g	1.735		0		1		5.899	1.475	
Histidine.....g	1.104		0		1		3.754	0.938	
Alanine.....g	1.623		0		1		5.518	1.380	
Aspartic acid.....g	2.573		0		1		8.748	2.187	
Glutamic acid.....g	4.335		0		1		14.739	3.685	
Glycine.....g	1.351		0		1		4.593	1.148	
Proline.....g	1.134		0		1		3.856	0.964	
Serine.....g	1.148		0		1		3.903	0.976	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 10222

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.420		0		1		0.686	10.977	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.045	0.726	
17:1.....g									
18:1 undifferentiated.....g	2.210		0		1		0.627	10.025	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0		1		0.164	2.631	
18:2 undifferentiated.....g	0.480		0		1		0.136	2.177	
18:3 undifferentiated.....g	0.030		0		1		0.009	0.136	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.014	0.227	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0		1		19	299	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.259		0		1		0.073	1.175	
Threonine.....g	0.935		0		1		0.265	4.241	
Isoleucine.....g	0.958		0		1		0.272	4.345	
Leucine.....g	1.644		0		1		0.466	7.457	
Lysine.....g	1.844		0		1		0.523	8.364	
Methionine.....g	0.541		0		1		0.153	2.454	
Cystine.....g	0.261		0		1		0.074	1.184	
Phenylalanine.....g	0.819		0		1		0.232	3.715	
Tyrosine.....g	0.712		0		1		0.202	3.230	
Valine.....g	1.112		0		1		0.315	5.044	
Arginine.....g	1.282		0		1		0.363	5.815	
Histidine.....g	0.815		0		1		0.231	3.697	
Alanine.....g	1.199		0		1		0.340	5.439	
Aspartic acid.....g	1.900		0		1		0.539	8.618	
Glutamic acid.....g	3.202		0		1		0.908	14.524	
Glycine.....g	0.999		0		1		0.283	4.531	
Proline.....g	0.838		0		1		0.238	3.801	
Serine.....g	0.848		0		1		0.240	3.847	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10223

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	2.580		0		1		2.193	1.883	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.162	0.139	
17:1.....g									
18:1 undifferentiated.....g	2.310		0		1		1.964	1.686	
20:1.....g	0.050		0		1		0.043	0.037	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.560		0		1		0.476	0.409	
18:2 undifferentiated.....g	0.490		0		1		0.417	0.358	
18:3 undifferentiated.....g	0.010		0		1		0.009	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.029	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		80	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.386		0		1		0.328	0.282	
Threonine.....g	1.389		0		1		1.181	1.014	
Isoleucine.....g	1.424		0		1		1.210	1.040	
Leucine.....g	2.441		0		1		2.075	1.782	
Lysine.....g	2.736		0		1		2.326	1.997	
Methionine.....g	0.805		0		1		0.684	0.588	
Cystine.....g	0.388		0		1		0.330	0.283	
Phenylalanine.....g	1.214		0		1		1.032	0.886	
Tyrosine.....g	1.060		0		1		0.901	0.774	
Valine.....g	1.650		0		1		1.403	1.205	
Arginine.....g	1.891		0		1		1.607	1.380	
Histidine.....g	1.215		0		1		1.033	0.887	
Alanine.....g	1.772		0		1		1.506	1.294	
Aspartic acid.....g	2.822		0		1		2.399	2.060	
Glutamic acid.....g	4.762		0		1		4.048	3.476	
Glycine.....g	1.444		0		1		1.227	1.054	
Proline.....g	1.222		0		1		1.039	0.892	
Serine.....g	1.257		0		1		1.068	0.918	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.35	0.367	15		1		220.95	56.40	
Energy.....kcal	164		0	NC	4		546	139	
Energy.....kj	686				4		2285	583	
Protein (N x 6.25).....g	28.14	0.268	15		1		93.71	23.92	
Total lipid (fat).....g	4.81	0.200	15		1		16.02	4.09	
Ash.....g	1.29	0.016	15		1		4.30	1.10	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.602	5		1		20	5	
Iron, Fe.....mg	1.47	0.035	6		1		4.90	1.25	
Magnesium, Mg.....mg	28	0.615	6		1		93	24	
Phosphorus, P.....mg	259	6.796	6		1		862	220	
Potassium, K.....mg	437	20.312	6		1		1455	371	
Sodium, Na.....mg	56	2.516	6		1		186	48	
Zinc, Zn.....mg	2.63	0.097	6		1		8.76	2.24	
Copper, Cu.....mg	0.048	0.024	6		1		0.160	0.041	
Manganese, Mn.....mg	0.039		1		1		0.130	0.033	
Selenium, Se.....mcg	48.1	8.291	5	A	1		160.2	40.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		1.3	0.3	
Thiamin.....mg	0.940		1		1		3.130	0.799	
Riboflavin.....mg	0.390		1		1		1.299	0.332	
Niacin.....mg	4.709		0		1		15.681	4.003	
Pantothenic acid.....mg	0.687		0		1		2.288	0.584	
Vitamin B-6.....mg	0.420		0		1		1.399	0.357	
Folate, total.....mcg	6		0		1		20	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		20	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		20	5	
Vitamin B-12.....mcg	0.55		1		1		1.83	0.47	
Vitamin A, IU.....IU	7		0	NC	4		22	6	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		7	2	
Retinol.....mcg	2		0	NR	4		7	2	
Vitamin E (alpha-tocopherol).....mg	0.20		0	BFYN	4		0.68	0.17	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.660		0		1		5.528	1.411	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		15		1		0.000	0.000	
12:0.....g	0.000		15		1		0.000	0.000	
13:0.....g									
14:0.....g	0.050		15		1		0.167	0.043	
15:0.....g									
16:0.....g	1.020		15		1		3.397	0.867	
17:0.....g									
18:0.....g	0.550		15		1		1.832	0.468	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10061

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.930		0		1		6.427	1.641	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		15		1		0.466	0.119	
17:1.....g									
18:1 undifferentiated.....g	1.720		15		1		5.728	1.462	
20:1.....g	0.040		15		1		0.133	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		1		1.365	0.349	
18:2 undifferentiated.....g	0.350		15		1		1.166	0.298	
18:3 undifferentiated.....g	0.010		15		1		0.033	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		15		1		0.100	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79	2.092	15		1		263	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.357		0		1		1.189	0.303	
Threonine.....g	1.285		0		1		4.279	1.092	
Isoleucine.....g	1.318		0		1		4.389	1.120	
Leucine.....g	2.258		0		1		7.519	1.919	
Lysine.....g	2.531		0		1		8.428	2.151	
Methionine.....g	0.745		0		1		2.481	0.633	
Cystine.....g	0.359		0		1		1.195	0.305	
Phenylalanine.....g	1.123		0		1		3.740	0.955	
Tyrosine.....g	0.980		0		1		3.263	0.833	
Valine.....g	1.527		0		1		5.085	1.298	
Arginine.....g	1.749		0		1		5.824	1.487	
Histidine.....g	1.124		0		1		3.743	0.955	
Alanine.....g	1.639		0		1		5.458	1.393	
Aspartic acid.....g	2.610		0		1		8.691	2.219	
Glutamic acid.....g	4.405		0		1		14.669	3.744	
Glycine.....g	1.336		0		1		4.449	1.136	
Proline.....g	1.130		0		1		3.763	0.961	
Serine.....g	1.162		0		1		3.869	0.988	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 10061
Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.94	0.297	15		1		21.25	339.93	
Energy.....kcal	120		0	NC	4		34	544	
Energy.....kj	502				4		142	2277	
Protein (N x 6.25).....g	20.99	0.317	12		1		5.95	95.21	
Total lipid (fat).....g	3.41	0.133	15		1		0.97	15.47	
Ash.....g	1.76		1		1		0.50	7.98	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.316	5		1		1	23	
Iron, Fe.....mg	1.23	0.040	9		1		0.35	5.58	
Magnesium, Mg.....mg	26	0.242	5		1		7	118	
Phosphorus, P.....mg	226	2.558	5		1		64	1025	
Potassium, K.....mg	366	4.048	17		1		104	1660	
Sodium, Na.....mg	50	0.951	17		1		14	227	
Zinc, Zn.....mg	2.03	0.086	7		1		0.58	9.21	
Copper, Cu.....mg	0.049	0.013	5		1		0.014	0.222	
Manganese, Mn.....mg	0.015		0		1		0.004	0.068	
Selenium, Se.....mcg	28.9	4.723	5	A	1		8.2	131.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		0.3	4.1	
Thiamin.....mg	0.974		0		1		0.276	4.418	
Riboflavin.....mg	0.281		0		1		0.080	1.275	
Niacin.....mg	4.429		0		1		1.256	20.090	
Pantothenic acid.....mg	0.904		0		1		0.256	4.101	
Vitamin B-6.....mg	0.520		0		1		0.147	2.359	
Folate, total.....mcg	5		0		1		1	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		1	23	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23	
Vitamin B-12.....mcg	0.81		0		1		0.23	3.67	
Vitamin A, IU.....IU	7		0	NC	4		2	30	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	9	
Retinol.....mcg	2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol).....mg	0.16		0	BFSN	4		0.05	0.73	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.180		0		1		0.335	5.352	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		73		1		0.000	0.000	
12:0.....g	0.000		75		1		0.000	0.000	
13:0.....g									
14:0.....g	0.040		378		1		0.011	0.181	
15:0.....g									
16:0.....g	0.750		378		1		0.213	3.402	
17:0.....g									
18:0.....g	0.370		378		1		0.105	1.678	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10060

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.540		0		1		0.437	6.985	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		378		1		0.031	0.499	
17:1.....g									
18:1 undifferentiated.....g	1.400		378		1		0.397	6.350	
20:1.....g	0.020		71		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370		0		1		0.105	1.678	
18:2 undifferentiated.....g	0.300		378		1		0.085	1.361	
18:3 undifferentiated.....g	0.010		190		1		0.003	0.045	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		315		1		0.011	0.181	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65	2.045	4		1		18	295	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.267		0		1		0.076	1.211	
Threonine.....g	0.958		0		1		0.272	4.345	
Isoleucine.....g	0.983		0		1		0.279	4.459	
Leucine.....g	1.684		0		1		0.477	7.639	
Lysine.....g	1.888		0		1		0.535	8.564	
Methionine.....g	0.556		0		1		0.158	2.522	
Cystine.....g	0.268		0		1		0.076	1.216	
Phenylalanine.....g	0.838		0		1		0.238	3.801	
Tyrosine.....g	0.731		0		1		0.207	3.316	
Valine.....g	1.139		0		1		0.323	5.167	
Arginine.....g	1.305		0		1		0.370	5.919	
Histidine.....g	0.839		0		1		0.238	3.806	
Alanine.....g	1.223		0		1		0.347	5.548	
Aspartic acid.....g	1.947		0		1		0.552	8.832	
Glutamic acid.....g	3.286		0		1		0.932	14.905	
Glycine.....g	0.997		0		1		0.283	4.522	
Proline.....g	0.843		0		1		0.239	3.824	
Serine.....g	0.867		0		1		0.246	3.933	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10060
Pork, fresh, loin, tenderloin, separable lean only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.69		0	PAK	1		92.79		
Energy.....kcal	188		0	PIK	4		278		
Energy.....kj	787		0	PIK	4		1165		
Protein (N x 6.25).....g	28.34		0	PAK	1		41.94		
Total lipid (fat).....g	7.44		0	PAK	1		11.01		
Ash.....g	1.64		0	PAK	1		2.42		
Carbohydrate, by difference.....g	0.00		0	PIK	4		0.00		
Fiber, total dietary.....g	0.0		0	PIK	4		0.0		
Sugars, total.....g	0.00		0	PIK	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	PAK	1		14		
Iron, Fe.....mg	0.68		0	PAK	1		1.01		
Magnesium, Mg.....mg	26		0	PAK	1		39		
Phosphorus, P.....mg	294		0	PAK	1		435		
Potassium, K.....mg	491		0	PAK	1		726		
Sodium, Na.....mg	187		0	PAK	1		277		
Zinc, Zn.....mg	2.07		0	PAK	1		3.06		
Copper, Cu.....mg	0.066		0	PAK	1		0.097		
Manganese, Mn.....mg	0.000		0	PAK	1		0.000		
Selenium, Se.....mcg	14.0		0	PAK	1		20.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	PIK	4		0.0		
Thiamin.....mg	0.577		0	PAK	1		0.854		
Riboflavin.....mg	0.171		0	PAK	1		0.252		
Niacin.....mg	9.382		0	PAK	1		13.885		
Pantothenic acid.....mg	0.758		0	PAK	1		1.122		
Vitamin B-6.....mg	0.474		0	PAK	1		0.702		
Folate, total.....mcg	1		0	PIK	4		2		
Folic acid.....mcg	0		0	PIK	4		0		
Folate, food.....mcg	1		0	PIK	4		2		
Folate, DFE.....mcg_DFE	1		0	NC	4		2		
Vitamin B-12.....mcg	0.61		0	PAK	1		0.90		
Vitamin A, IU.....IU	5		0	PAK	1		8		
Vitamin A, RAE.....mcg_RAE	2		0	PAK	1		2		
Retinol.....mcg	2		0	PAK	1		2		
Vitamin E (alpha-tocopherol).....mg	0.23		0	PAK	1		0.34		
Tocopherol, beta.....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma.....mg	0.05		0	PAK	1		0.08		
Tocopherol, delta.....mg	0.00		0	PAK	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.511		0	PIK	4		3.717		
4:0.....g	0.000		0	PIK	4		0.000		
6:0.....g	0.000		0	PIK	4		0.000		
8:0.....g	0.000		0	PAK	1		0.000		
10:0.....g	0.000		0	PAK	1		0.000		
12:0.....g	0.000		0	PAK	1		0.000		
13:0.....g									
14:0.....g	0.081		0	PAK	1				

NDB No. 10063

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.160		0	PIK	4		4.677		
14:1.....g	0.000		0	PAK	1		0.000		
15:1.....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated.....g	0.196		0	PAK	1		0.290		
17:1.....g	0.016		0	PAK	1		0.023		
18:1 undifferentiated.....g	2.898		0	PAK	1		4.289		
20:1.....g	0.051		0	PAK	1		0.075		
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0	PIK	4		0.754		
18:2 undifferentiated.....g	0.374		0	PIK	4		0.554		
18:2 n-6 c,c.....g	0.771		0	PAK	1		1.142		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.036		0	PAK	1		0.053		
18:3 n-6 c,c,c.....g	0.000		0	PAK	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c.....g	0.036		0	PAK	1		0.054		
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.063		0	PAK	1		0.094		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	PIK	4		0.000		
22:5 n-3.....g	0.000		0	PIK	4		0.000		
22:6 n-3.....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans.....g	0.065		0	PAK	1		0.096		
Cholesterol.....mg	75		0	PAK	1		111		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.265		0	PAK	1		0.392		
Threonine.....g	1.129		0	PAK	1		1.671		
Isoleucine.....g	1.352		0	PAK	1		2.001		
Leucine.....g	2.274		0	PAK	1		3.366		
Lysine.....g	2.512		0	PAK	1		3.718		
Methionine.....g	0.756		0	PAK	1		1.119		
Cystine.....g	0.308		0	PAK	1		0.455		
Phenylalanine.....g	1.125		0	PAK	1		1.665		
Tyrosine.....g	0.964		0	PAK	1		1.426		
Valine.....g	1.447		0	PAK	1		2.142		
Arginine.....g	1.814		0	PAK	1		2.684		
Histidine.....g	1.268		0	PAK	1		1.877		
Alanine.....g	1.618		0	PAK	1		2.395		
Aspartic acid.....g	2.620		0	PAK	1		3.878		
Glutamic acid.....g	4.246		0	PAK	1		6.284		
Glycine.....g	1.342		0	PAK	1		1.987		
Proline.....g	1.127		0	PAK	1		1.668		
Serine.....g	1.162		0	PAK	1		1.720		
Hydroxyproline.....g	0.107		0	PAK	1		0.159		
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0		
Caffeine.....mg	0		0	PIK	4		0		
Theobromine.....mg	0		0	PIK	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000		
Carotene, alpha.....mcg	0		0	PIK	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000		

NDB No. 10063

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	PIK	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000		

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

Common Measures:

Measure 1 = 148g: 1 chop boneless (yield from 193g raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.35		0	PAK	1		86.04		
Energy.....kcal	181		0	PIK	4		250		
Energy.....kj	758		0	PIK	4		1046		
Protein (N x 6.25).....g	29.41		0	PAK	1		40.58		
Total lipid (fat).....g	6.17		0	PAK	1		8.51		
Ash.....g	1.89		0	PAK	1		2.61		
Carbohydrate, by difference.....g	0.00		0	PIK	4		0.00		
Fiber, total dietary.....g	0.0		0	PIK	4		0.0		
Sugars, total.....g	0.00		0	PIK	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	PAK	1		13		
Iron, Fe.....mg	0.63		0	PAK	1		0.88		
Magnesium, Mg.....mg	28		0	PAK	1		38		
Phosphorus, P.....mg	336		0	PAK	1		463		
Potassium, K.....mg	562		0	PAK	1		776		
Sodium, Na.....mg	246		0	PAK	1		339		
Zinc, Zn.....mg	2.13		0	PAK	1		2.93		
Copper, Cu.....mg	0.060		0	PAK	1		0.083		
Manganese, Mn.....mg	0.000		0	PAK	1		0.000		
Selenium, Se.....mcg	33.5		0	PAK	1		46.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	PIK	4		0.0		
Thiamin.....mg	0.574		0	PAK	1		0.792		
Riboflavin.....mg	0.187		0	PAK	1		0.258		
Niacin.....mg	10.218		0	PAK	1		14.101		
Pantothenic acid.....mg	0.829		0	PAK	1		1.143		
Vitamin B-6.....mg	0.488		0	PAK	1		0.674		
Folate, total.....mcg	1		0	PIK	4		1		
Folic acid.....mcg	0		0	PIK	4		0		
Folate, food.....mcg	1		0	PIK	4		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Vitamin B-12.....mcg	0.69		0	PAK	1		0.95		
Vitamin A, IU.....IU	4		0	PAK	1		6		
Vitamin A, RAE.....mcg_RAE	1		0	PAK	1		2		
Retinol.....mcg	1		0	PAK	1		2		
Vitamin E (alpha-tocopherol).....mg	0.26		0	PAK	1		0.35		
Tocopherol, beta.....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma.....mg	0.05		0	PAK	1		0.07		
Tocopherol, delta.....mg	0.00		0	PAK	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.151		0	PIK	4		2.968		
4:0.....g	0.000		0	PIK	4		0.000		
6:0.....g	0.000		0	PIK	4		0.000		
8:0.....g	0.000		0	PAK	1		0.000		
10:0.....g	0.000		0	PAK	1		0.000		
12:0.....g	0.000		0	PAK	1		0.000		
13:0.....g									
14:0.....g	0.076		0	PAK	1		0.105		
15:0.....g	0.000		0	PAK	1		0.000		
16:0.....g	1.325		0	PAK	1		1.828		
17:0.....g	0.015		0	PAK	1		0.021		
18:0.....g	0.726		0	PAK	1		1.001		
20:0.....g	0.009		0	PAK	1		0.013		
22:0.....g	0.000		0	PAK	1		0.000		
24:0.....g									

NDB No. 10064

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.650		0	PIK	4		3.657		
14:1.....g	0.000		0	PAK	1		0.000		
15:1.....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated.....g	0.165		0	PAK	1		0.227		
17:1.....g	0.014		0	PAK	1		0.019		
18:1 undifferentiated.....g	2.428		0	PAK	1		3.350		
20:1.....g	0.044		0	PAK	1		0.060		
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.597		0	PIK	4		0.824		
18:2 undifferentiated.....g	0.460		0	PIK	4		0.635		
18:2 n-6 c,c.....g	0.798		0	PAK	1		1.102		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.029		0	PAK	1		0.041		
18:3 n-6 c,c,c.....g	0.000		0	PAK	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c.....g	0.032		0	PAK	1		0.044		
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.076		0	PAK	1		0.105		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	PIK	4		0.000		
22:5 n-3.....g	0.000		0	PIK	4		0.000		
22:6 n-3.....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans.....g	0.041		0	PAK	1		0.057		
Cholesterol.....mg	76		0	PAK	1		105		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.270		0	PAK	1		0.372		
Threonine.....g	1.149		0	PAK	1		1.585		
Isoleucine.....g	1.376		0	PAK	1		1.898		
Leucine.....g	2.313		0	PAK	1		3.192		
Lysine.....g	2.555		0	PAK	1		3.526		
Methionine.....g	0.770		0	PAK	1		1.062		
Cystine.....g	0.313		0	PAK	1		0.431		
Phenylalanine.....g	1.143		0	PAK	1		1.578		
Tyrosine.....g	0.981		0	PAK	1		1.353		
Valine.....g	1.471		0	PAK	1		2.029		
Arginine.....g	1.841		0	PAK	1		2.541		
Histidine.....g	1.288		0	PAK	1		1.778		
Alanine.....g	1.640		0	PAK	1		2.264		
Aspartic acid.....g	2.663		0	PAK	1		3.675		
Glutamic acid.....g	4.317		0	PAK	1		5.957		
Glycine.....g	1.348		0	PAK	1		1.861		
Proline.....g	1.137		0	PAK	1		1.570		
Serine.....g	1.180		0	PAK	1		1.629		
Hydroxyproline.....g	0.101		0	PAK	1		0.140		
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0		
Caffeine.....mg	0		0	PIK	4		0		
Theobromine.....mg	0		0	PIK	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000		
Carotene, alpha.....mcg	0		0	PIK	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000		

NDB No. 10064

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	PIK	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000		

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

Common Measures:

Measure 1 = 138g: 1 chop boneless (yield from 193g raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.52		0	PAK	1		93.78		
Energy.....kcal	190		0	NC	4		285		
Energy.....kj	796		0	NC	4		1193		
Protein.....g	28.35		0	PAK	1		42.52		
Total lipid (fat).....g	7.66		0	PAK	1		11.49		
Ash.....g	1.67		0	PAK	1		2.50		
Carbohydrate, by difference.....g	0.00		0	PIK	4		0.00		
Fiber, total dietary.....g	0.0		0	PIK	4		0.0		
Sugars, total.....g	0.00		0	PIK	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	PAK	1		14		
Iron, Fe.....mg	0.63		0	PAK	1		0.95		
Magnesium, Mg.....mg	28		0	PAK	1		41		
Phosphorus, P.....mg	317		0	PAK	1		476		
Potassium, K.....mg	512		0	PAK	1		768		
Sodium, Na.....mg	205		0	PAK	1		308		
Zinc, Zn.....mg	1.98		0	PAK	1		2.97		
Copper, Cu.....mg	0.062		0	PAK	1		0.093		
Manganese, Mn.....mg	0.000		0	PAK	1		0.000		
Selenium, Se.....mcg	35.5		0	PAK	1		53.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	PIK	4		0.0		
Thiamin.....mg	0.616		0	PAK	1		0.924		
Riboflavin.....mg	0.184		0	PAK	1		0.276		
Niacin.....mg	10.192		0	PAK	1		15.289		
Pantothenic acid.....mg	0.790		0	PAK	1		1.186		
Vitamin B-6.....mg	0.476		0	PAK	1		0.714		
Folate, total.....mcg	1		0	PIK	4		1		
Folic acid.....mcg	0		0	PIK	4		0		
Folate, food.....mcg	1		0	PIK	4		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Vitamin B-12.....mcg	0.55		0	PAK	1		0.82		
Vitamin A, IU.....IU	6		0	PAK	1		9		
Vitamin A, RAE.....mcg_RAE	2		0	PAK	1		3		
Retinol.....mcg	2		0	PAK	1		3		
Vitamin E (alpha-tocopherol).....mg	0.24		0	PAK	1		0.37		
Tocopherol, beta.....mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma.....mg	0.05		0	PAK	1		0.07		
Tocopherol, delta.....mg	0.00		0	PAK	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PAK	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.725		0	PIK	4		4.087		
4:0.....g	0.000		0	PIK	4		0.000		
6:0.....g	0.000		0	PIK	4		0.000		
8:0.....g	0.000		0	PAK	1		0.000		
10:0.....g	0.002		0	PAK	1		0.002		
12:0.....g	0.001		0	PAK	1		0.002		
13:0.....g									
14:0.....g	0.100		0	PAK	1		0.149		

NDB No. 10859

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.500		0	PIK	4		5.250		
14:1.....g	0.000		0	PAK	1		0.000		
15:1.....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated.....g	0.210		0	PAK	1		0.314		
17:1.....g	0.017		0	PAK	1		0.025		
18:1 undifferentiated.....g	3.219		0	PAK	1		4.828		
20:1.....g	0.055		0	PAK	1		0.082		
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.664		0	PIK	4		0.997		
18:2 undifferentiated.....g	0.513		0	PIK	4		0.769		
18:3 undifferentiated.....g	0.038		0	PAK	1		0.057		
18:4.....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c.....g	0.040		0	PAK	1		0.060		
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated.....g	0.074		0	PAK	1		0.110		
20:5 n-3.....g	0.000		0	PIK	4		0.000		
22:5 n-3.....g	0.000		0	PIK	4		0.000		
22:6 n-3.....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans.....g	0.087		0	PAK	1		0.130		
Cholesterol.....mg	75		0	PAK	1		113		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0	PAK	1		0.388		
Threonine.....g	1.103		0	PAK	1		1.654		
Isoleucine.....g	1.321		0	PAK	1		1.981		
Leucine.....g	2.223		0	PAK	1		3.334		
Lysine.....g	2.455		0	PAK	1		3.682		
Methionine.....g	0.738		0	PAK	1		1.107		
Cystine.....g	0.301		0	PAK	1		0.451		
Phenylalanine.....g	1.100		0	PAK	1		1.650		
Tyrosine.....g	0.940		0	PAK	1		1.411		
Valine.....g	1.416		0	PAK	1		2.124		
Arginine.....g	1.777		0	PAK	1		2.666		
Histidine.....g	1.241		0	PAK	1		1.862		
Alanine.....g	1.589		0	PAK	1		2.384		
Aspartic acid.....g	2.564		0	PAK	1		3.846		
Glutamic acid.....g	4.150		0	PAK	1		6.226		
Glycine.....g	1.337		0	PAK	1		2.005		
Proline.....g	1.114		0	PAK	1		1.671		
Serine.....g	1.138		0	PAK	1		1.707		
Hydroxyproline.....g	0.119		0	PAK	1		0.179		
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0		
Caffeine.....mg	0		0	PIK	4		0		
Theobromine.....mg	0		0	PIK	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000		
Carotene, alpha.....mcg	0		0	PIK	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000		
Lycopene.....mcg	0		0	PIK	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000		

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

Common Measures:

Measure 1 = 150g: 1 chop boneless (yield from 189g raw meat)

NDB No. 10859
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10186

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.450		0		1		5.483	4.451	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0		1		0.366	0.297	
17:1.....g									
18:1 undifferentiated.....g	5.840		0		1		4.964	4.030	
20:1.....g	0.110		0		1		0.094	0.076	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0		1		1.445	1.173	
18:2 undifferentiated.....g	1.510		0		1		1.284	1.042	
18:3 undifferentiated.....g	0.100		0		1		0.085	0.069	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.028	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0		1		66	54	
Phytosterols.....mg	2		0		1		2	1	
Amino Acids:									
Tryptophan.....g	0.359		0		1		0.305	0.248	
Threonine.....g	1.310		0		1		1.114	0.904	
Isoleucine.....g	1.337		0		1		1.136	0.923	
Leucine.....g	2.310		0		1		1.964	1.594	
Lysine.....g	2.596		0		1		2.207	1.791	
Methionine.....g	0.755		0		1		0.642	0.521	
Cystine.....g	0.365		0		1		0.310	0.252	
Phenylalanine.....g	1.153		0		1		0.980	0.796	
Tyrosine.....g	0.993		0		1		0.844	0.685	
Valine.....g	1.563		0		1		1.329	1.078	
Arginine.....g	1.829		0		1		1.555	1.262	
Histidine.....g	1.132		0		1		0.962	0.781	
Alanine.....g	1.701		0		1		1.446	1.174	
Aspartic acid.....g	2.666		0		1		2.266	1.840	
Glutamic acid.....g	4.473		0		1		3.802	3.086	
Glycine.....g	1.495		0		1		1.271	1.032	
Proline.....g	1.230		0		1		1.046	0.849	
Serine.....g	1.198		0		1		1.018	0.827	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10186
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.29		0	PAK	1		323.38	20.21	
Energy.....kcal	144		0	NC	4		655	41	
Energy.....kj	604		0	NC	4		2739	171	
Protein (N x 6.25).....g	21.35		0	PAK	1		96.85	6.05	
Total lipid (fat).....g	5.89		0	PAK	1		26.73	1.67	
Ash.....g	1.45		0	PAK	1		6.60	0.41	
Carbohydrate, by difference.....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total.....g	0.00		0	PIK	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0	PAK	1		35	2	
Iron, Fe.....mg	0.57		0	PAK	1		2.57	0.16	
Magnesium, Mg.....mg	24		0	PAK	1		107	7	
Phosphorus, P.....mg	264		0	PAK	1		1199	75	
Potassium, K.....mg	454		0	PAK	1		2060	129	
Sodium, Na.....mg	178		0	PAK	1		808	51	
Zinc, Zn.....mg	1.43		0	PAK	1		6.50	0.41	
Copper, Cu.....mg	0.052		0	PAK	1		0.234	0.015	
Manganese, Mn.....mg	0.000		0	PAK	1		0.000	0.000	
Selenium, Se.....mcg	24.6		0	PAK	1		111.8	7.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	PIK	4		0.0	0.0	
Thiamin.....mg	0.610		0	PAK	1		2.767	0.173	
Riboflavin.....mg	0.140		0	PAK	1		0.635	0.040	
Niacin.....mg	8.522		0	PAK	1		38.655	2.416	
Pantothenic acid.....mg	0.772		0	PAK	1		3.501	0.219	
Vitamin B-6.....mg	0.569		0	PAK	1		2.582	0.161	
Folate, total.....mcg	1		0	PIK	4		4	0	
Folic acid.....mcg	0		0	PIK	4		0	0	
Folate, food.....mcg	1		0	PIK	4		4	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		4	0	
Vitamin B-12.....mcg	0.44		0	PAK	1		2.00	0.12	
Vitamin A, IU.....IU	8		0	PAK	1		34	2	
Vitamin A, RAE.....mcg_RAE	2		0	PAK	1		10	1	
Retinol.....mcg	2		0	PAK	1		10	1	
Vitamin E (alpha-tocopherol).....mg	0.15		0	PIK	4		0.69	0.04	
Tocopherol, beta.....mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, gamma.....mg	0.03		0	PIK	4		0.15	0.01	
Tocopherol, delta.....mg	0.00		0	PIK	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	PIK	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.006		0	PIK	4		9.101	0.569	
4:0.....g	0.000		0	PIK	4		0.000	0.000	
6:0.....g	0.000		0	PIK	4		0.000	0.000	
8:0.....g	0.000		0	PAK	1		0.000	0.000	
10:0.....g	0.001		0	PAK	1		0.004	0.000	
12:0.....g									

NDB No. 10062

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.314		0	PIK	4		10.495	0.656	
14:1.....g	0.000		0	PAK	1		0.000	0.000	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.134		0	PAK	1		0.609	0.038	
17:1.....g	0.014		0	PAK	1		0.065	0.004	
18:1 undifferentiated.....g	2.126		0	PAK	1		9.645	0.603	
20:1.....g	0.039		0	PAK	1		0.176	0.011	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0	PIK	4		1.450	0.091	
18:2 undifferentiated.....g	0.231		0	PIK	4		1.049	0.066	
18:3 undifferentiated.....g	0.008		0	PAK	1		0.036	0.002	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.029		0	PAK	1		0.131	0.008	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated.....g	0.052		0	PAK	1		0.234	0.015	
20:5 n-3.....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3.....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3.....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.067		0	PAK	1		0.302	0.019	
Cholesterol.....mg	57		0	PAK	1		258	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.202		0	PAK	1		0.915	0.057	
Threonine.....g	0.859		0	PAK	1		3.894	0.243	
Isoleucine.....g	1.028		0	PAK	1		4.662	0.291	
Leucine.....g	1.727		0	PAK	1		7.836	0.490	
Lysine.....g	1.909		0	PAK	1		8.658	0.541	
Methionine.....g	0.575		0	PAK	1		2.610	0.163	
Cystine.....g	0.233		0	PAK	1		1.058	0.066	
Phenylalanine.....g	0.853		0	PAK	1		3.871	0.242	
Tyrosine.....g	0.733		0	PAK	1		3.326	0.208	
Valine.....g	1.097		0	PAK	1		4.976	0.311	
Arginine.....g	1.372		0	PAK	1		6.222	0.389	
Histidine.....g	0.961		0	PAK	1		4.358	0.272	
Alanine.....g	1.220		0	PAK	1		5.532	0.346	
Aspartic acid.....g	1.987		0	PAK	1		9.011	0.563	
Glutamic acid.....g	3.223		0	PAK	1		14.619	0.914	
Glycine.....g	0.989		0	PAK	1		4.487	0.280	
Proline.....g	0.840		0	PAK	1		3.812	0.238	
Serine.....g	0.880		0	PAK	1		3.992	0.249	
Hydroxyproline.....g	0.065		0	PAK	1		0.296	0.018	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 10062
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 10067

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.260		0	NC		4			
14:1.....g	0.000	0.000	4	A		1			
15:1.....g	0.000	0.000	4	A		1			
16:1 undifferentiated.....g	0.151	0.025	4	A		1			
17:1.....g	0.011	0.001	4	A		1			
18:1 undifferentiated.....g	2.064	0.331	4	A		1			
20:1.....g	0.035	0.005	4	A		1			
22:1 undifferentiated.....g	0.000		0	Z		7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.504		0	NC		4			
18:2 undifferentiated.....g	0.402		0	AS		1			
18:2 n-6 c,c.....g	0.402	0.231	3	A		1			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.020		0	AS		1			
18:3 n-6 c,c,c.....g	0.000	0.000	4	A		1			
18:3i.....g									
18:4.....g	0.000		0	Z		7			
20:2 n-6 c,c.....g	0.022	0.003	4	A		1			
20:3 undifferentiated.....g	0.000	0.000	4	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.060	0.006	4	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z		7			
22:5 n-3.....g	0.000		0	Z		7			
22:6 n-3.....g	0.000		0	Z		7			
Fatty acids, total trans.....g	0.018	0.018	4	A		1			
Cholesterol.....mg	75	2.230	4	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.273		0	A		1			
Threonine.....g	1.160		0	A		1			
Isoleucine.....g	1.388		0	A		1			
Leucine.....g	2.330		0	A		1			
Lysine.....g	2.576		0	A		1			
Methionine.....g	0.778		0	A		1			
Cystine.....g	0.314		0	A		1			
Phenylalanine.....g	1.149		0	A		1			
Tyrosine.....g	0.992		0	A		1			
Valine.....g	1.475		0	A		1			
Arginine.....g	1.839		0	A		1			
Histidine.....g	1.291		0	A		1			
Alanine.....g	1.625		0	A		1			
Aspartic acid.....g	2.672		0	A		1			
Glutamic acid.....g	4.344		0	A		1			
Glycine.....g	1.272		0	A		1			
Proline.....g	1.102		0	A		1			
Serine.....g	1.182		0	A		1			
Hydroxyproline.....g	0.055		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			

NDB No. 10067
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.66	0.277	12	A	1				
Energy.....kcal	166		0	NC	4				
Energy.....kj	695		0	NC	4				
Protein (N x 6.25).....g	29.88	0.843	4	A	1				
Total lipid (fat).....g	4.28	0.188	12	A	1				
Ash.....g	1.92	0.163	4	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	3.976	4	A	1				
Iron, Fe.....mg	0.63	0.050	4	A	1				
Magnesium, Mg.....mg	28	0.599	4	A	1				
Phosphorus, P.....mg	339	5.745	4	A	1				
Potassium, K.....mg	569	81.104	4	A	1				
Sodium, Na.....mg	251	18.936	4	A	1				
Zinc, Zn.....mg	2.16	0.122	4	A	1				
Copper, Cu.....mg	0.060	0.005	4	A	1				
Manganese, Mn.....mg	0.000	0.000	4	A	1				
Selenium, Se.....mcg	34.8	14.125	4	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.582	0.055	4	A	1				
Riboflavin.....mg	0.190	0.013	4	A	1				
Niacin.....mg	10.308	0.431	4	A	1				
Pantothenic acid.....mg	0.828	0.096	4	A	1				
Vitamin B-6.....mg	0.498	0.008	4	A	1				
Folate, total.....mcg	1		2	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	1		2	A	1				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Vitamin B-12.....mcg	0.68	0.063	4	A	1				
Vitamin A, IU.....IU	0		0	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0	0.000	4	A	1				
Vitamin E (alpha-tocopherol).....mg	0.25		8	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.05		8	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.489		0	NC	4				
4:0.....g	0.000	0.000	4	Z	7				
6:0.....g	0.000	0.000	4	Z	7				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.053	0.007	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.925	0.130</							

NDB No. 10068

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	1.860		0	NC		4			
14:1.....g	0.000	0.000	4	A		1			
15:1.....g	0.000	0.000	4	A		1			
16:1 undifferentiated.....g	0.125	0.015	4	A		1			
17:1.....g	0.010	0.002	4	A		1			
18:1 undifferentiated.....g	1.696	0.211	4	A		1			
20:1.....g	0.030	0.005	4	A		1			
22:1 undifferentiated.....g	0.000		0	Z		7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.598		0	NC		4			
18:2 undifferentiated.....g	0.489		0	AS		1			
18:2 n-6 c,c.....g	0.489	0.088	4	A		1			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.016		0	AS		1			
18:3 n-6 c,c,c.....g	0.000	0.000	4	A		1			
18:3i.....g									
18:4.....g	0.000		0	Z		7			
20:2 n-6 c,c.....g	0.019	0.004	4	A		1			
20:3 undifferentiated.....g	0.000	0.000	4	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.074	0.011	4	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z		7			
22:5 n-3.....g	0.000		0	Z		7			
22:6 n-3.....g	0.000		0	Z		7			
Fatty acids, total trans.....g	0.000	0.000	4	A		1			
Cholesterol.....mg	76	4.244	4	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.277		0	A		1			
Threonine.....g	1.176		0	A		1			
Isoleucine.....g	1.407		0	A		1			
Leucine.....g	2.363		0	A		1			
Lysine.....g	2.612		0	A		1			
Methionine.....g	0.789		0	A		1			
Cystine.....g	0.318		0	A		1			
Phenylalanine.....g	1.165		0	A		1			
Tyrosine.....g	1.005		0	A		1			
Valine.....g	1.496		0	A		1			
Arginine.....g	1.864		0	A		1			
Histidine.....g	1.309		0	A		1			
Alanine.....g	1.648		0	A		1			
Aspartic acid.....g	2.709		0	A		1			
Glutamic acid.....g	4.404		0	A		1			
Glycine.....g	1.290		0	A		1			
Proline.....g	1.118		0	A		1			
Serine.....g	1.198		0	A		1			
Hydroxyproline.....g	0.057		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			

NDB No. 10068
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10858

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.406		0	NC		4			
14:1.....g	0.000	0.000	4	A		1			
15:1.....g	0.000	0.000	4	A		1			
16:1 undifferentiated.....g	0.155	0.015	4	A		1			
17:1.....g	0.011	0.004	4	A		1			
18:1 undifferentiated.....g	2.206	0.216	3	A		1			
20:1.....g	0.035	0.005	4	A		1			
22:1 undifferentiated.....g	0.000		0	Z		7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.672		0	NC		4			
18:2 undifferentiated.....g	0.561		0	AS		1			
18:2 n-6 c,c.....g	0.561	0.085	4	A		1			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.019		0	AS		1			
18:3 n-6 c,c,c.....g	0.000	0.000	4	A		1			
18:3i.....g									
18:4.....g	0.000		0	Z		7			
20:2 n-6 c,c.....g	0.022	0.003	4	A		1			
20:3 undifferentiated.....g	0.000	0.000	4	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.070	0.007	4	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z		7			
22:5 n-3.....g	0.000		0	Z		7			
22:6 n-3.....g	0.000		0	Z		7			
Fatty acids, total trans.....g	0.030	0.030	3	A		1			
Cholesterol.....mg	75	3.629	4	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0	A		1			
Threonine.....g	1.139		0	A		1			
Isoleucine.....g	1.363		0	A		1			
Leucine.....g	2.288		0	A		1			
Lysine.....g	2.529		0	A		1			
Methionine.....g	0.764		0	A		1			
Cystine.....g	0.308		0	A		1			
Phenylalanine.....g	1.128		0	A		1			
Tyrosine.....g	0.974		0	A		1			
Valine.....g	1.448		0	A		1			
Arginine.....g	1.805		0	A		1			
Histidine.....g	1.267		0	A		1			
Alanine.....g	1.596		0	A		1			
Aspartic acid.....g	2.623		0	A		1			
Glutamic acid.....g	4.264		0	A		1			
Glycine.....g	1.249		0	A		1			
Proline.....g	1.082		0	A		1			
Serine.....g	1.160		0	A		1			
Hydroxyproline.....g	0.056		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			

NDB No. 10858
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10181

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.600		0		1		3.910	2.898	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.281	0.208	
17:1.....g									
18:1 undifferentiated.....g	4.150		0		1		3.528	2.615	
20:1.....g	0.080		0		1		0.068	0.050	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.290		0		1		1.097	0.813	
18:2 undifferentiated.....g	1.130		0		1		0.961	0.712	
18:3 undifferentiated.....g	0.090		0		1		0.077	0.057	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.025	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		65	49	
Phytosterols.....mg	3		0		1		3	2	
<u>Amino Acids:</u>									
Tryptophan.....g	0.387		0		1		0.329	0.244	
Threonine.....g	1.392		0		1		1.183	0.877	
Isoleucine.....g	1.427		0		1		1.213	0.899	
Leucine.....g	2.445		0		1		2.078	1.540	
Lysine.....g	2.741		0		1		2.330	1.727	
Methionine.....g	0.807		0		1		0.686	0.508	
Cystine.....g	0.389		0		1		0.331	0.245	
Phenylalanine.....g	1.217		0		1		1.034	0.767	
Tyrosine.....g	1.062		0		1		0.903	0.669	
Valine.....g	1.653		0		1		1.405	1.041	
Arginine.....g	1.895		0		1		1.611	1.194	
Histidine.....g	1.218		0		1		1.035	0.767	
Alanine.....g	1.776		0		1		1.510	1.119	
Aspartic acid.....g	2.827		0		1		2.403	1.781	
Glutamic acid.....g	4.771		0		1		4.055	3.006	
Glycine.....g	1.447		0		1		1.230	0.912	
Proline.....g	1.224		0		1		1.040	0.771	
Serine.....g	1.259		0		1		1.070	0.793	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10181
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 16% Connective tissue, 9.29%, separable fat, 6.82%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Proximates:								
Water.....g	73.82	0.205	12	A	1	20.93	334.86	
Energy.....kcal	117		0	NC	4	33	529	
Energy.....kj	487		0	NC	4	138	2211	
Protein (N x 6.25).....g	22.42	0.337	4	A	1	6.36	101.71	
Total lipid (fat).....g	2.30	0.206	10	A	1	0.65	10.44	
Ash.....g	1.52	0.105	4	A	1	0.43	6.91	
Carbohydrate, by difference.....g	0.00		0	Z	7	0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7	0.0	0.0	
Sugars, total.....g	0.00		0	Z	7	0.00	0.00	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	7	2.257	4	A	1	2	31	
Iron, Fe.....mg	0.57	0.067	4	A	1	0.16	2.58	
Magnesium, Mg.....mg	18	6.092	4	A	1	5	83	
Phosphorus, P.....mg	275	6.733	4	A	1	78	1247	
Potassium, K.....mg	476	47.409	4	A	1	135	2157	
Sodium, Na.....mg	184	20.530	4	A	1	52	835	
Zinc, Zn.....mg	1.48	0.037	4	A	1	0.42	6.71	
Copper, Cu.....mg	0.053	0.003	4	A	1	0.015	0.240	
Manganese, Mn.....mg	0.000	0.000	4	A	1	0.000	0.000	
Selenium, Se.....mcg	26.0	4.473	4	A	1	7.4	117.7	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7	0.0	0.0	
Thiamin.....mg	0.638	0.025	4	A	1	0.181	2.892	
Riboflavin.....mg	0.146	0.008	4	A	1	0.041	0.663	
Niacin.....mg	8.938	0.466	4	A	1	2.534	40.541	
Pantothenic acid.....mg	0.807	0.032	4	A	1	0.229	3.659	
Vitamin B-6.....mg	0.596	0.025	4	A	1	0.169	2.703	
Folate, total.....mcg	1		2	A	1	0	5	
Folic acid.....mcg	0		0	Z	7	0	0	
Folate, food.....mcg	1		2	A	1	0	5	
Folate, DFE.....mcg_DFE	1		0	NC	4	0	5	
Vitamin B-12.....mcg	0.43	0.031	4	A	1	0.12	1.94	
Vitamin A, IU.....IU	0		0	AS	1	0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1	0	0	
Retinol.....mcg	0	0.000	4	A	1	0	0	
Vitamin E (alpha-tocopherol).....mg	0.17		8	A	1	0.05	0.75	
Tocopherol, beta.....mg	0.00		2	A	1	0.00	0.00	
Tocopherol, gamma.....mg	0.04		4	A	1	0.01	0.16	
Tocopherol, delta.....mg	0.00		2	A	1	0.00	0.00	
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1	0.0	0.0	
Lipids:								
Fatty acids, total saturated.....g	0.708		0	NC	4	0.201	3.213	
4:0.....g	0.000	0.000	4	Z	7	0.000	0.000	
6:0.....g	0.000	0.000	4	Z	7	0.000	0.000	
8:0.....g	0.000	0.000	4	A	1	0.000	0.000	
10:0.....g	0.001	0.001	4	A	1	0.000	0.005	
12:0.....g	0.000	0.000	4	A	1	0.000	0.000	
13:0.....g								
14:0.....g	0.025	0.007	4	A	1	0.007	0.112	
15:0.....g	0.000	0.000	4	A	1	0.000	0.000	
16:0.....g	0.435	0.102	4	A	1	0.123	1.971	
17:0.....g	0.004	0.001	4	A	1	0.001	0.019	
18:0.....g	0.240	0.052	4	A	1	0.068	1.089	
20:0.....g	0.004	0.001	4	A	1	0.001	0.017	
22:0.....g	0.000	0.000	4	A	1	0.000	0.000	
24:0.....g								

NDB No. 10066

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2
			of Data	Code	Code			
			Points					Measure 3
Fatty acids, total monounsaturated.....g	0.895		0	NC	4		0.254	4.060
14:1.....g	0.000	0.000	4	A	1		0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000
16:1 undifferentiated.....g	0.060	0.014	4	A	1		0.017	0.273
17:1.....g	0.004	0.001	4	A	1		0.001	0.017
18:1 undifferentiated.....g	0.817	0.193	4	A	1		0.232	3.707
20:1.....g	0.014	0.003	4	A	1		0.004	0.062
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.317		0	NC	4		0.090	1.438
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000
18:2 n-6 c,c.....g	0.251	0.064	4	A	1		0.071	1.140
18:2 CLAs.....g								
18:2 c,t.....g								
18:2 t,c.....g								
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.001		0	A	1		0.000	0.003
18:3 n-6 c,c,c.....g	0.001	0.001	4	A	1		0.000	0.003
18:3i.....g								
18:4.....g	0.000		0	Z	7		0.000	0.000
20:2 n-6 c,c.....g	0.010	0.002	4	A	1		0.003	0.044
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.047	0.004	4	A	1		0.013	0.212
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000
Fatty acids, total trans.....g	0.000	0.000	4	A	1		0.000	0.000
Cholesterol.....mg	55	0.849	4	A	1		16	251
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.213		0	A	1		0.060	0.968
Threonine.....g	0.907		0	A	1		0.257	4.115
Isoleucine.....g	1.086		0	A	1		0.308	4.925
Leucine.....g	1.823		0	A	1		0.517	8.268
Lysine.....g	2.015		0	A	1		0.571	9.140
Methionine.....g	0.609		0	A	1		0.173	2.760
Cystine.....g	0.245		0	A	1		0.070	1.114
Phenylalanine.....g	0.899		0	A	1		0.255	4.077
Tyrosine.....g	0.776		0	A	1		0.220	3.519
Valine.....g	1.154		0	A	1		0.327	5.234
Arginine.....g	1.438		0	A	1		0.408	6.523
Histidine.....g	1.010		0	A	1		0.286	4.581
Alanine.....g	1.271		0	A	1		0.360	5.767
Aspartic acid.....g	2.090		0	A	1		0.593	9.481
Glutamic acid.....g	3.398		0	A	1		0.963	15.411
Glycine.....g	0.995		0	A	1		0.282	4.514
Proline.....g	0.862		0	A	1		0.244	3.911
Serine.....g	0.924		0	A	1		0.262	4.192
Hydroxyproline.....g	0.043	0.006	4	A	1		0.012	0.195
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0
Carotenoids:								
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000

NDB No. 10066

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10065

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.290		0		1		16.135	4.497	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		42		1		1.281	0.357	
17:1.....g									
18:1 undifferentiated.....g	4.720		42		1		14.396	4.012	
20:1.....g	0.100		42		1		0.305	0.085	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.790		0		1		2.410	0.672	
18:2 undifferentiated.....g	0.680		42		1		2.074	0.578	
18:3 undifferentiated.....g	0.020		42		1		0.061	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		42		1		0.153	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	78	2.358	13		1		238	66	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.366		0		1		1.116	0.311	
Threonine.....g	1.316		0		1		4.014	1.119	
Isoleucine.....g	1.349		0		1		4.114	1.147	
Leucine.....g	2.312		0		1		7.052	1.965	
Lysine.....g	2.591		0		1		7.903	2.202	
Methionine.....g	0.763		0		1		2.327	0.649	
Cystine.....g	0.367		0		1		1.119	0.312	
Phenylalanine.....g	1.150		0		1		3.508	0.978	
Tyrosine.....g	1.004		0		1		3.062	0.853	
Valine.....g	1.563		0		1		4.767	1.329	
Arginine.....g	1.791		0		1		5.463	1.522	
Histidine.....g	1.151		0		1		3.511	0.978	
Alanine.....g	1.678		0		1		5.118	1.426	
Aspartic acid.....g	2.672		0		1		8.150	2.271	
Glutamic acid.....g	4.510		0		1		13.756	3.834	
Glycine.....g	1.368		0		1		4.172	1.163	
Proline.....g	1.157		0		1		3.529	0.983	
Serine.....g	1.190		0		1		3.630	1.012	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10224

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	5.180		0		1		1.469	23.496	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.094	1.497	
17:1.....g									
18:1 undifferentiated.....g	4.750		0		1		1.347	21.546	
20:1.....g	0.090		0		1		0.026	0.408	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0		1		0.352	5.625	
18:2 undifferentiated.....g	1.030		0		1		0.292	4.672	
18:3 undifferentiated.....g	0.080		0		1		0.023	0.363	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.020	0.318	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		0		1		0.071	1.139	
Threonine.....g	0.915		0		1		0.259	4.150	
Isoleucine.....g	0.934		0		1		0.265	4.237	
Leucine.....g	1.613		0		1		0.457	7.317	
Lysine.....g	1.812		0		1		0.514	8.219	
Methionine.....g	0.528		0		1		0.150	2.395	
Cystine.....g	0.255		0		1		0.072	1.157	
Phenylalanine.....g	0.805		0		1		0.228	3.651	
Tyrosine.....g	0.694		0		1		0.197	3.148	
Valine.....g	1.091		0		1		0.309	4.949	
Arginine.....g	1.275		0		1		0.361	5.783	
Histidine.....g	0.791		0		1		0.224	3.588	
Alanine.....g	1.187		0		1		0.337	5.384	
Aspartic acid.....g	1.862		0		1		0.528	8.446	
Glutamic acid.....g	3.125		0		1		0.886	14.175	
Glycine.....g	1.038		0		1		0.294	4.708	
Proline.....g	0.855		0		1		0.242	3.878	
Serine.....g	0.836		0		1		0.237	3.792	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10069

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.360		0		1		9.442	2.856	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		19		1		0.759	0.230	
17:1.....g									
18:1 undifferentiated.....g	2.990		19		1		8.402	2.542	
20:1.....g	0.070		13		1		0.197	0.060	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.480		0		1		1.349	0.408	
18:2 undifferentiated.....g	0.410		19		1		1.152	0.349	
18:3 undifferentiated.....g	0.010		19		1		0.028	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		19		1		0.084	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	78	2.497	13		1		219	66	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.384		0		1		1.079	0.326	
Threonine.....g	1.381		0		1		3.881	1.174	
Isoleucine.....g	1.416		0		1		3.979	1.204	
Leucine.....g	2.426		0		1		6.817	2.062	
Lysine.....g	2.719		0		1		7.640	2.311	
Methionine.....g	0.801		0		1		2.251	0.681	
Cystine.....g	0.386		0		1		1.085	0.328	
Phenylalanine.....g	1.207		0		1		3.392	1.026	
Tyrosine.....g	1.053		0		1		2.959	0.895	
Valine.....g	1.640		0		1		4.608	1.394	
Arginine.....g	1.880		0		1		5.283	1.598	
Histidine.....g	1.208		0		1		3.394	1.027	
Alanine.....g	1.761		0		1		4.948	1.497	
Aspartic acid.....g	2.804		0		1		7.879	2.383	
Glutamic acid.....g	4.733		0		1		13.300	4.023	
Glycine.....g	1.436		0		1		4.035	1.221	
Proline.....g	1.215		0		1		3.414	1.033	
Serine.....g	1.249		0		1		3.510	1.062	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 20% Connective tissue 11%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.92	0.295	13		1		20.39	326.23	
Energy.....kcal	141		0	NC	4		40	640	
Energy.....kj	590				4		167	2676	
Protein (N x 6.25).....g	21.80	0.330	53		1		6.18	98.88	
Total lipid (fat).....g	5.28	0.358	13		1		1.50	23.95	
Ash.....g	0.98	0.013	49		1		0.28	4.45	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	0.924	5		1		6	95	
Iron, Fe.....mg	0.76	0.019	60		1		0.22	3.45	
Magnesium, Mg.....mg	23	0.786	26		1		7	104	
Phosphorus, P.....mg	215	0.705	5		1		61	975	
Potassium, K.....mg	421	2.539	146		1		119	1910	
Sodium, Na.....mg	45	1.077	164		1		13	204	
Zinc, Zn.....mg	1.64	0.020	48		1		0.46	7.44	
Copper, Cu.....mg	0.058	0.002	60		1		0.016	0.263	
Manganese, Mn.....mg	0.010		2		1		0.003	0.045	
Selenium, Se.....mcg	32.5	2.811	10	A	1		9.2	147.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.211	3		1		0.1	1.4	
Thiamin.....mg	0.856	0.032	49		1		0.243	3.883	
Riboflavin.....mg	0.268	0.007	52		1		0.076	1.216	
Niacin.....mg	5.036	0.299	11		1		1.428	22.843	
Pantothenic acid.....mg	0.766	0.082	4		1		0.217	3.475	
Vitamin B-6.....mg	0.470	0.033	4		1		0.133	2.132	
Folate, total.....mcg	7	1.450	4		1		2	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.450	4		1		2	32	
Folate, DFE.....mcg_DFE	7		0	NC	4		2	32	
Vitamin B-12.....mcg	0.53	0.044	11		1		0.15	2.40	
Vitamin A, IU.....IU	7		0	NC	4		2	30	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	9	
Retinol.....mcg	2		0	NR	4		1	9	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.05	0.82	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.820		0		1		0.516	8.256	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g									
10:0.....g	0.000		73		1		0.000	0.000	
12:0.....g	0.010		75		1		0.003	0.045	
13:0.....g									
14:0.....g	0.070		378		1		0.020	0.318	
15:0.....g									
16:0.....g	1.160		378		1		0.329	5.262	
17:0.....g									
18:0.....g	0.570		378		1		0.162	2.586	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10225

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.390		0		1		0.678	10.841	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		378		1		0.048	0.771	
17:1.....g									
18:1 undifferentiated.....g	2.170		378		1		0.615	9.843	
20:1.....g	0.040		71		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.570		0		1		0.162	2.586	
18:2 undifferentiated.....g	0.460		378		1		0.130	2.087	
18:3 undifferentiated.....g	0.020		190		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		315		1		0.017	0.272	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55	1.054	58		1		16	249	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.277		0		1		0.079	1.256	
Threonine.....g	0.995		0		1		0.282	4.513	
Isoleucine.....g	1.021		0		1		0.289	4.631	
Leucine.....g	1.749		0		1		0.496	7.933	
Lysine.....g	1.960		0		1		0.556	8.891	
Methionine.....g	0.577		0		1		0.164	2.617	
Cystine.....g	0.278		0		1		0.079	1.261	
Phenylalanine.....g	0.870		0		1		0.247	3.946	
Tyrosine.....g	0.760		0		1		0.215	3.447	
Valine.....g	1.183		0		1		0.335	5.366	
Arginine.....g	1.355		0		1		0.384	6.146	
Histidine.....g	0.871		0		1		0.247	3.951	
Alanine.....g	1.270		0		1		0.360	5.761	
Aspartic acid.....g	2.022		0		1		0.573	9.172	
Glutamic acid.....g	3.413		0		1		0.968	15.481	
Glycine.....g	1.035		0		1		0.293	4.695	
Proline.....g	0.876		0		1		0.248	3.974	
Serine.....g	0.900		0		1		0.255	4.082	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10225
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10021

Pork, fresh, loin, whole, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.060		0		1		5.151	5.393	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0		1		0.357	0.374	
17:1.....g									
18:1 undifferentiated.....g	5.480		0		1		4.658	4.877	
20:1.....g	0.110		0		1		0.094	0.098	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0		1		0.995	1.041	
18:2 undifferentiated.....g	1.040		0		1		0.884	0.926	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.036	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.036	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		68	71	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.336		0		1		0.286	0.299	
Threonine.....g	1.229		0		1		1.045	1.094	
Isoleucine.....g	1.254		0		1		1.066	1.116	
Leucine.....g	2.168		0		1		1.843	1.930	
Lysine.....g	2.436		0		1		2.071	2.168	
Methionine.....g	0.708		0		1		0.602	0.630	
Cystine.....g	0.343		0		1		0.292	0.305	
Phenylalanine.....g	1.082		0		1		0.920	0.963	
Tyrosine.....g	0.931		0		1		0.791	0.829	
Valine.....g	1.467		0		1		1.247	1.306	
Arginine.....g	1.719		0		1		1.461	1.530	
Histidine.....g	1.061		0		1		0.902	0.944	
Alanine.....g	1.598		0		1		1.358	1.422	
Aspartic acid.....g	2.501		0		1		2.126	2.226	
Glutamic acid.....g	4.195		0		1		3.566	3.734	
Glycine.....g	1.413		0		1		1.201	1.258	
Proline.....g	1.159		0		1		0.985	1.032	
Serine.....g	1.124		0		1		0.955	1.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 89g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10021
Pork, fresh, loin, whole, separable lean and fat, cooked, braised

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10022

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.190		0		1		5.262	5.385	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0		1		0.357	0.365	
17:1.....g									
18:1 undifferentiated.....g	5.600		0		1		4.760	4.872	
20:1.....g	0.110		0		1		0.094	0.096	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.200		0		1		1.020	1.044	
18:2 undifferentiated.....g	1.070		0		1		0.910	0.931	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.035	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.044	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		68	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.338		0		1		0.287	0.294	
Threonine.....g	1.234		0		1		1.049	1.074	
Isoleucine.....g	1.260		0		1		1.071	1.096	
Leucine.....g	2.177		0		1		1.850	1.894	
Lysine.....g	2.446		0		1		2.079	2.128	
Methionine.....g	0.712		0		1		0.605	0.619	
Cystine.....g	0.344		0		1		0.292	0.299	
Phenylalanine.....g	1.086		0		1		0.923	0.945	
Tyrosine.....g	0.936		0		1		0.796	0.814	
Valine.....g	1.473		0		1		1.252	1.282	
Arginine.....g	1.723		0		1		1.465	1.499	
Histidine.....g	1.067		0		1		0.907	0.928	
Alanine.....g	1.603		0		1		1.363	1.395	
Aspartic acid.....g	2.512		0		1		2.135	2.185	
Glutamic acid.....g	4.215		0		1		3.583	3.667	
Glycine.....g	1.409		0		1		1.198	1.226	
Proline.....g	1.158		0		1		0.984	1.007	
Serine.....g	1.128		0		1		0.959	0.981	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 87g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10022
Pork, fresh, loin, whole, separable lean and fat, cooked, broiled

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10023

Pork, fresh, loin, whole, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.510		0		1		5.534	5.794	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.391	0.409	
17:1.....g									
18:1 undifferentiated.....g	5.860		0		1		4.981	5.215	
20:1.....g	0.130		0		1		0.111	0.116	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.210		0		1		1.029	1.077	
18:2 undifferentiated.....g	1.070		0		1		0.910	0.952	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.027	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.053	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		70	73	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.341		0		1		0.290	0.303	
Threonine.....g	1.232		0		1		1.047	1.096	
Isoleucine.....g	1.261		0		1		1.072	1.122	
Leucine.....g	2.168		0		1		1.843	1.930	
Lysine.....g	2.432		0		1		2.067	2.164	
Methionine.....g	0.713		0		1		0.606	0.635	
Cystine.....g	0.344		0		1		0.292	0.306	
Phenylalanine.....g	1.080		0		1		0.918	0.961	
Tyrosine.....g	0.938		0		1		0.797	0.835	
Valine.....g	1.466		0		1		1.246	1.305	
Arginine.....g	1.693		0		1		1.439	1.507	
Histidine.....g	1.073		0		1		0.912	0.955	
Alanine.....g	1.582		0		1		1.345	1.408	
Aspartic acid.....g	2.504		0		1		2.128	2.229	
Glutamic acid.....g	4.218		0		1		3.585	3.754	
Glycine.....g	1.327		0		1		1.128	1.181	
Proline.....g	1.110		0		1		0.944	0.988	
Serine.....g	1.119		0		1		0.951	0.996	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 89g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10023
Pork, fresh, loin, whole, separable lean and fat, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.92		0		1		303.55	78.30	
Energy.....kcal	198		0	NC	4		898	232	
Energy.....kj	828				4		3758	969	
Protein (N x 6.25).....g	19.74		0		1		89.54	23.10	
Total lipid (fat).....g	12.58		0		1		57.06	14.72	
Ash.....g	0.96		0		1		4.35	1.12	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		82	21	
Iron, Fe.....mg	0.79		0		1		3.58	0.92	
Magnesium, Mg.....mg	21		0		1		95	25	
Phosphorus, P.....mg	197		0		1		894	230	
Potassium, K.....mg	356		0		1		1615	417	
Sodium, Na.....mg	50		0		1		227	59	
Zinc, Zn.....mg	1.74		0		1		7.89	2.04	
Copper, Cu.....mg	0.056		0		1		0.254	0.066	
Manganese, Mn.....mg	0.011		0		1		0.050	0.013	
Selenium, Se.....mcg	33.2		0	PIE	4		150.6	38.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0		1		2.7	0.7	
Thiamin.....mg	0.901		0		1		4.087	1.054	
Riboflavin.....mg	0.248		0		1		1.125	0.290	
Niacin.....mg	4.580		0		1		20.775	5.359	
Pantothenic acid.....mg	0.723		0		1		3.280	0.846	
Vitamin B-6.....mg	0.472		0		1		2.141	0.552	
Folate, total.....mcg	1		0	BFZN	4		5	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0	BFZN	4		5	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		5	1	
Vitamin B-12.....mcg	0.53		0		1		2.40	0.62	
Vitamin A, IU.....IU	7		0	NC	4		30	8	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		9	2	
Retinol.....mcg	2		0	NR	4		9	2	
Vitamin E (alpha-tocopherol).....mg	0.21		0	BFSN	4		0.93	0.24	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.04		0	BFSN	4		0.20	0.05	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.360		0		1		19.777	5.101	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		0		1		0.045	0.012	
12:0.....g	0.010		0		1		0.045	0.012	
13:0.....g									
14:0.....g	0.160		0		1		0.726	0.187	
15:0.....g									
16:0.....g	2.720		0		1		12.338	3.182	
17:0.....g									
18:0.....g	1.420		0		1		6.441	1.661	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10020

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.610		0		1		25.447	6.564	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		1		1.633	0.421	
17:1.....g									
18:1 undifferentiated.....g	5.140		0		1		23.315	6.014	
20:1.....g	0.090		0		1		0.408	0.105	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.340		0		1		6.078	1.568	
18:2 undifferentiated.....g	1.110		0		1		5.035	1.299	
18:3 undifferentiated.....g	0.090		0		1		0.408	0.105	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.363	0.094	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		286	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.244		0		1		1.107	0.285	
Threonine.....g	0.891		0		1		4.042	1.042	
Isoleucine.....g	0.910		0		1		4.128	1.065	
Leucine.....g	1.572		0		1		7.131	1.839	
Lysine.....g	1.766		0		1		8.011	2.066	
Methionine.....g	0.514		0		1		2.332	0.601	
Cystine.....g	0.248		0		1		1.125	0.290	
Phenylalanine.....g	0.785		0		1		3.561	0.918	
Tyrosine.....g	0.676		0		1		3.066	0.791	
Valine.....g	1.064		0		1		4.826	1.245	
Arginine.....g	1.245		0		1		5.647	1.457	
Histidine.....g	0.770		0		1		3.493	0.901	
Alanine.....g	1.158		0		1		5.253	1.355	
Aspartic acid.....g	1.814		0		1		8.228	2.122	
Glutamic acid.....g	3.044		0		1		13.808	3.561	
Glycine.....g	1.019		0		1		4.622	1.192	
Proline.....g	0.838		0		1		3.801	0.980	
Serine.....g	0.815		0		1		3.697	0.954	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

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

NDB No. 10020
Pork, fresh, loin, whole, separable lean and fat, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10025

Pork, fresh, loin, whole, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.160		0		1		3.536	3.328	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.255	0.240	
17:1.....g									
18:1 undifferentiated.....g	3.740		0		1		3.179	2.992	
20:1.....g	0.080		0		1		0.068	0.064	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.700		0		1		0.595	0.560	
18:2 undifferentiated.....g	0.620		0		1		0.527	0.496	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.032	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		67	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.363		0		1		0.309	0.290	
Threonine.....g	1.305		0		1		1.109	1.044	
Isoleucine.....g	1.338		0		1		1.137	1.070	
Leucine.....g	2.292		0		1		1.948	1.834	
Lysine.....g	2.569		0		1		2.184	2.055	
Methionine.....g	0.756		0		1		0.643	0.605	
Cystine.....g	0.364		0		1		0.309	0.291	
Phenylalanine.....g	1.140		0		1		0.969	0.912	
Tyrosine.....g	0.995		0		1		0.846	0.796	
Valine.....g	1.550		0		1		1.318	1.240	
Arginine.....g	1.776		0		1		1.510	1.421	
Histidine.....g	1.141		0		1		0.970	0.913	
Alanine.....g	1.664		0		1		1.414	1.331	
Aspartic acid.....g	2.650		0		1		2.253	2.120	
Glutamic acid.....g	4.472		0		1		3.801	3.578	
Glycine.....g	1.357		0		1		1.153	1.086	
Proline.....g	1.148		0		1		0.976	0.918	
Serine.....g	1.180		0		1		1.003	0.944	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10025
Pork, fresh, loin, whole, separable lean only, cooked, braised

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 28% Bone 21%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.72		0		1		51.61	47.97	
Energy.....kcal	210		0	NC	4		179	166	
Energy.....kj	879				4		747	694	
Protein (N x 6.25).....g	28.57		0		1		24.28	22.57	
Total lipid (fat).....g	9.80		0		1		8.33	7.74	
Ash.....g	1.40		0		1		1.19	1.11	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0		1		14	13	
Iron, Fe.....mg	0.91		0		1		0.77	0.72	
Magnesium, Mg.....mg	29		0		1		25	23	
Phosphorus, P.....mg	253		0		1		215	200	
Potassium, K.....mg	438		0		1		372	346	
Sodium, Na.....mg	64		0		1		54	51	
Zinc, Zn.....mg	2.48		0		1		2.11	1.96	
Copper, Cu.....mg	0.075		0		1		0.064	0.059	
Manganese, Mn.....mg	0.009		0		1		0.008	0.007	
Selenium, Se.....mcg	48.2		0	BFYN	4		41.0	38.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.6	0.6	
Thiamin.....mg	0.923		0		1		0.785	0.729	
Riboflavin.....mg	0.338		0		1		0.287	0.267	
Niacin.....mg	5.243		0		1		4.457	4.142	
Pantothenic acid.....mg	0.729		0		1		0.620	0.576	
Vitamin B-6.....mg	0.492		0		1		0.418	0.389	
Folate, total.....mcg	6		0		1		5	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		5	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		5	5	
Vitamin B-12.....mcg	0.72		0		1		0.61	0.57	
Vitamin A, IU.....IU	7		0	NC	4		6	5	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	2	
Retinol.....mcg	2		0	NR	4		2	2	
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFSN	4		0.23	0.21	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	3.640		0		1		3.094	2.876	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		0		1		0.009	0.008	
12:0.....g	0.010		0		1		0.009	0.008	
13:0.....g									
14:0.....g	0.130		0		1		0.111	0.103	
15:0.....g									
16:0.....g	2.250		0		1		1.913	1.778	
17:0.....g									
18:0.....g	1.180		0		1		1.003	0.932	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10026

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.450		0		1		3.783	3.516	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		0		1		0.272	0.253	
17:1.....g									
18:1 undifferentiated.....g	4.000		0		1		3.400	3.160	
20:1.....g	0.090		0		1		0.077	0.071	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0		1		0.655	0.608	
18:2 undifferentiated.....g	0.680		0		1		0.578	0.537	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.032	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		67	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.363		0		1		0.309	0.287	
Threonine.....g	1.305		0		1		1.109	1.031	
Isoleucine.....g	1.338		0		1		1.137	1.057	
Leucine.....g	2.292		0		1		1.948	1.811	
Lysine.....g	2.569		0		1		2.184	2.030	
Methionine.....g	0.756		0		1		0.643	0.597	
Cystine.....g	0.364		0		1		0.309	0.288	
Phenylalanine.....g	1.140		0		1		0.969	0.901	
Tyrosine.....g	0.995		0		1		0.846	0.786	
Valine.....g	1.550		0		1		1.318	1.225	
Arginine.....g	1.776		0		1		1.510	1.403	
Histidine.....g	1.141		0		1		0.970	0.901	
Alanine.....g	1.664		0		1		1.414	1.315	
Aspartic acid.....g	2.650		0		1		2.253	2.094	
Glutamic acid.....g	4.472		0		1		3.801	3.533	
Glycine.....g	1.357		0		1		1.153	1.072	
Proline.....g	1.148		0		1		0.976	0.907	
Serine.....g	1.180		0		1		1.003	0.932	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 79g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10026
Pork, fresh, loin, whole, separable lean only, cooked, broiled

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10027

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.320		0		1		3.672	3.499	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.264	0.251	
17:1.....g									
18:1 undifferentiated.....g	3.880		0		1		3.298	3.143	
20:1.....g	0.090		0		1		0.077	0.073	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		0.646	0.616	
18:2 undifferentiated.....g	0.660		0		1		0.561	0.535	
18:3 undifferentiated.....g	0.020		0		1		0.017	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.034	0.032	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		69	66	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.364		0		1		0.309	0.295	
Threonine.....g	1.307		0		1		1.111	1.059	
Isoleucine.....g	1.340		0		1		1.139	1.085	
Leucine.....g	2.297		0		1		1.952	1.861	
Lysine.....g	2.574		0		1		2.188	2.085	
Methionine.....g	0.758		0		1		0.644	0.614	
Cystine.....g	0.365		0		1		0.310	0.296	
Phenylalanine.....g	1.143		0		1		0.972	0.926	
Tyrosine.....g	0.997		0		1		0.847	0.808	
Valine.....g	1.553		0		1		1.320	1.258	
Arginine.....g	1.779		0		1		1.512	1.441	
Histidine.....g	1.143		0		1		0.972	0.926	
Alanine.....g	1.668		0		1		1.418	1.351	
Aspartic acid.....g	2.655		0		1		2.257	2.151	
Glutamic acid.....g	4.481		0		1		3.809	3.630	
Glycine.....g	1.359		0		1		1.155	1.101	
Proline.....g	1.150		0		1		0.978	0.932	
Serine.....g	1.182		0		1		1.005	0.957	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 81g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)

NDB No. 10027
Pork, fresh, loin, whole, separable lean only, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10024

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.560		0		1		11.612	2.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.816	0.191	
17:1.....g									
18:1 undifferentiated.....g	2.320		0		1		10.524	2.459	
20:1.....g	0.040		0		1		0.181	0.042	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.610		0		1		2.767	0.647	
18:2 undifferentiated.....g	0.490		0		1		2.223	0.519	
18:3 undifferentiated.....g	0.020		0		1		0.091	0.021	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.318	0.074	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		268	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.272		0		1		1.234	0.288	
Threonine.....g	0.978		0		1		4.436	1.037	
Isoleucine.....g	1.003		0		1		4.550	1.063	
Leucine.....g	1.719		0		1		7.797	1.822	
Lysine.....g	1.927		0		1		8.741	2.043	
Methionine.....g	0.567		0		1		2.572	0.601	
Cystine.....g	0.273		0		1		1.238	0.289	
Phenylalanine.....g	0.855		0		1		3.878	0.906	
Tyrosine.....g	0.747		0		1		3.388	0.792	
Valine.....g	1.162		0		1		5.271	1.232	
Arginine.....g	1.332		0		1		6.042	1.412	
Histidine.....g	0.856		0		1		3.883	0.907	
Alanine.....g	1.248		0		1		5.661	1.323	
Aspartic acid.....g	1.987		0		1		9.013	2.106	
Glutamic acid.....g	3.354		0		1		15.214	3.555	
Glycine.....g	1.017		0		1		4.613	1.078	
Proline.....g	0.861		0		1		3.905	0.913	
Serine.....g	0.885		0		1		4.014	0.938	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

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

NDB No. 10024
Pork, fresh, loin, whole, separable lean only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10007
Pork, fresh, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	15.122		0	NC	4		4.287	17.088	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.793		1	A	1		0.225	0.896	
17:1.....g	0.082		1	A	1		0.023	0.093	
18:1 undifferentiated.....g	13.984		1	A	1		3.964	15.802	
20:1.....g	0.263		1	A	1		0.075	0.297	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.257		0	NC	4		1.774	7.070	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:2 n-6 c,c.....g	5.674		1	A	1		1.609	6.412	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.241		0	AS	1		0.068	0.272	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.231		1	A	1		0.065	0.261	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.111		1	A	1		0.031	0.125	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.690		1	A	1		0.196	0.780	
Cholesterol.....mg	78		1	A	1		22	88	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0	A	1		0.046	0.184	
Threonine.....g	0.723		0	A	1		0.205	0.817	
Isoleucine.....g	0.874		0	A	1		0.248	0.988	
Leucine.....g	1.531		0	A	1		0.434	1.730	
Lysine.....g	1.667		0	A	1		0.472	1.883	
Methionine.....g	0.467		0	A	1		0.132	0.527	
Cystine.....g	0.225		0	A	1		0.064	0.254	
Phenylalanine.....g	0.800		0	A	1		0.227	0.904	
Tyrosine.....g	0.588		0	A	1		0.167	0.664	
Valine.....g	1.077		0	A	1		0.305	1.216	
Arginine.....g	1.481		0	A	1		0.420	1.674	
Histidine.....g	0.963		0	A	1		0.273	1.088	
Alanine.....g	1.523		0	A	1		0.432	1.721	
Aspartic acid.....g	1.931		0	A	1		0.547	2.182	
Glutamic acid.....g	2.943		0	A	1		0.834	3.326	
Glycine.....g	2.272		0	A	1		0.644	2.567	
Proline.....g	1.452		0	A	1		0.412	1.641	
Serine.....g	0.906		0	A	1		0.257	1.024	
Hydroxyproline.....g	0.797		0	A	1		0.226	0.901	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 10007
Pork, fresh, separable fat, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10006
Pork, fresh, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	18.809		0	NC	4		5.332	21.254	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.995		1	A	1		0.282	1.124	
17:1.....g	0.138		1	A	1		0.039	0.156	
18:1 undifferentiated.....g	17.347		1	A	1		4.918	19.602	
20:1.....g	0.329		1	A	1		0.093	0.372	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.186		0	NC	4		2.037	8.120	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:2 n-6 c,c.....g	6.526		1	A	1		1.850	7.374	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.251		1	A	1		0.071	0.284	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.108		1	A	1		0.031	0.122	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.840		1	A	1		0.238	0.949	
Cholesterol.....mg	74		1	A	1		21	84	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0	A	1		0.019	0.075	
Threonine.....g	0.293		0	A	1		0.083	0.331	
Isoleucine.....g	0.354		0	A	1		0.100	0.400	
Leucine.....g	0.620		0	A	1		0.176	0.701	
Lysine.....g	0.675		0	A	1		0.191	0.763	
Methionine.....g	0.189		0	A	1		0.054	0.214	
Cystine.....g	0.091		0	A	1		0.026	0.103	
Phenylalanine.....g	0.324		0	A	1		0.092	0.366	
Tyrosine.....g	0.238		0	A	1		0.067	0.269	
Valine.....g	0.436		0	A	1		0.124	0.493	
Arginine.....g	0.600		0	A	1		0.170	0.678	
Histidine.....g	0.390		0	A	1		0.111	0.441	
Alanine.....g	0.617		0	A	1		0.175	0.697	
Aspartic acid.....g	0.782		0	A	1		0.222	0.884	
Glutamic acid.....g	1.192		0	A	1		0.338	1.347	
Glycine.....g	0.920		0	A	1		0.261	1.040	
Proline.....g	0.588		0	A	1		0.167	0.664	
Serine.....g	0.367		0	A	1		0.104	0.415	
Hydroxyproline.....g	0.323		1	A	1		0.092	0.365	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 10006
Pork, fresh, separable fat, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10075

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.380		0		1		14.013	8.823	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620		0		1		0.837	0.527	
17:1.....g									
18:1 undifferentiated.....g	9.470		0		1		12.785	8.050	
20:1.....g	0.200		0		1		0.270	0.170	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.280		0		1		3.078	1.938	
18:2 undifferentiated.....g	2.020		0		1		2.727	1.717	
18:3 undifferentiated.....g	0.070		0		1		0.095	0.060	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.122	0.077	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	109		0		1		147	93	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.331		0		1		0.447	0.281	
Threonine.....g	1.240		0		1		1.674	1.054	
Isoleucine.....g	1.256		0		1		1.696	1.068	
Leucine.....g	2.203		0		1		2.974	1.873	
Lysine.....g	2.485		0		1		3.355	2.112	
Methionine.....g	0.708		0		1		0.956	0.602	
Cystine.....g	0.345		0		1		0.466	0.293	
Phenylalanine.....g	1.105		0		1		1.492	0.939	
Tyrosine.....g	0.929		0		1		1.254	0.790	
Valine.....g	1.492		0		1		2.014	1.268	
Arginine.....g	1.809		0		1		2.442	1.538	
Histidine.....g	1.048		0		1		1.415	0.891	
Alanine.....g	1.662		0		1		2.244	1.413	
Aspartic acid.....g	2.534		0		1		3.421	2.154	
Glutamic acid.....g	4.207		0		1		5.679	3.576	
Glycine.....g	1.640		0		1		2.214	1.394	
Proline.....g	1.295		0		1		1.748	1.101	
Serine.....g	1.156		0		1		1.561	0.983	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10075

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10076

Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.720		0		1		14.472	9.112	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.640		0		1		0.864	0.544	
17:1.....g									
18:1 undifferentiated.....g	9.780		0		1		13.203	8.313	
20:1.....g	0.200		0		1		0.270	0.170	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.350		0		1		3.173	1.998	
18:2 undifferentiated.....g	2.090		0		1		2.822	1.777	
18:3 undifferentiated.....g	0.070		0		1		0.095	0.060	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.122	0.077	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		127	80	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.273		0		1		0.369	0.232	
Threonine.....g	1.032		0		1		1.393	0.877	
Isoleucine.....g	1.042		0		1		1.407	0.886	
Leucine.....g	1.838		0		1		2.481	1.562	
Lysine.....g	2.077		0		1		2.804	1.765	
Methionine.....g	0.587		0		1		0.792	0.499	
Cystine.....g	0.286		0		1		0.386	0.243	
Phenylalanine.....g	0.924		0		1		1.247	0.785	
Tyrosine.....g	0.770		0		1		1.040	0.655	
Valine.....g	1.246		0		1		1.682	1.059	
Arginine.....g	1.531		0		1		2.067	1.301	
Histidine.....g	0.864		0		1		1.166	0.734	
Alanine.....g	1.400		0		1		1.890	1.190	
Aspartic acid.....g	2.112		0		1		2.851	1.795	
Glutamic acid.....g	3.492		0		1		4.714	2.968	
Glycine.....g	1.439		0		1		1.943	1.223	
Proline.....g	1.120		0		1		1.512	0.952	
Serine.....g	0.969		0		1		1.308	0.824	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10074

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	8.970		0		1		2.543	40.688	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560		0		1		0.159	2.540	
17:1.....g									
18:1 undifferentiated.....g	8.250		0		1		2.339	37.422	
20:1.....g	0.150		0		1		0.043	0.680	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.160		0		1		0.612	9.798	
18:2 undifferentiated.....g	1.810		0		1		0.513	8.210	
18:3 undifferentiated.....g	0.150		0		1		0.043	0.680	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.028	0.454	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	322	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.198		0		1		0.056	0.898	
Threonine.....g	0.741		0		1		0.210	3.361	
Isoleucine.....g	0.752		0		1		0.213	3.411	
Leucine.....g	1.315		0		1		0.373	5.965	
Lysine.....g	1.484		0		1		0.421	6.731	
Methionine.....g	0.424		0		1		0.120	1.923	
Cystine.....g	0.206		0		1		0.058	0.934	
Phenylalanine.....g	0.660		0		1		0.187	2.994	
Tyrosine.....g	0.556		0		1		0.158	2.522	
Valine.....g	0.891		0		1		0.253	4.042	
Arginine.....g	1.076		0		1		0.305	4.881	
Histidine.....g	0.628		0		1		0.178	2.849	
Alanine.....g	0.990		0		1		0.281	4.491	
Aspartic acid.....g	1.514		0		1		0.429	6.868	
Glutamic acid.....g	2.516		0		1		0.713	11.413	
Glycine.....g	0.966		0		1		0.274	4.382	
Proline.....g	0.765		0		1		0.217	3.470	
Serine.....g	0.689		0		1		0.195	3.125	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10078

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.780		0		1		11.444	4.913	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		11		1		0.673	0.289	
17:1.....g									
18:1 undifferentiated.....g	5.260		11		1		10.415	4.471	
20:1.....g	0.130		11		1		0.257	0.111	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.160		0		1		2.297	0.986	
18:2 undifferentiated.....g	1.010		11		1		2.000	0.859	
18:3 undifferentiated.....g	0.030		11		1		0.059	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		11		1		0.158	0.068	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	114		1		1		226	97	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.410		0		1		0.812	0.349	
Threonine.....g	1.473		0		1		2.917	1.252	
Isoleucine.....g	1.511		0		1		2.992	1.284	
Leucine.....g	2.588		0		1		5.124	2.200	
Lysine.....g	2.901		0		1		5.744	2.466	
Methionine.....g	0.854		0		1		1.691	0.726	
Cystine.....g	0.411		0		1		0.814	0.349	
Phenylalanine.....g	1.288		0		1		2.550	1.095	
Tyrosine.....g	1.124		0		1		2.226	0.955	
Valine.....g	1.750		0		1		3.465	1.488	
Arginine.....g	2.005		0		1		3.970	1.704	
Histidine.....g	1.289		0		1		2.552	1.096	
Alanine.....g	1.879		0		1		3.720	1.597	
Aspartic acid.....g	2.992		0		1		5.924	2.543	
Glutamic acid.....g	5.050		0		1		9.999	4.293	
Glycine.....g	1.532		0		1		3.033	1.302	
Proline.....g	1.296		0		1		2.566	1.102	
Serine.....g	1.333		0		1		2.639	1.133	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 10078

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 43% Bone and skin 27%, separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.27	0.872	12		1		115.12	51.23	
Energy.....kcal	228		0	NC	4		435	194	
Energy.....kj	954				4		1822	811	
Protein (N x 6.25).....g	26.68	0.675	12		1		50.96	22.68	
Total lipid (fat).....g	12.62	0.851	12		1		24.10	10.73	
Ash.....g	1.06	0.023	12		1		2.02	0.90	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		1		1		17	8	
Iron, Fe.....mg	1.42	0.051	12		1		2.71	1.21	
Magnesium, Mg.....mg	20		1		1		38	17	
Phosphorus, P.....mg	247		1		1		472	210	
Potassium, K.....mg	351	9.259	12		1		670	298	
Sodium, Na.....mg	80	2.216	12		1		153	68	
Zinc, Zn.....mg	4.07	0.159	12		1		7.77	3.46	
Copper, Cu.....mg	0.128	0.008	12		1		0.244	0.109	
Manganese, Mn.....mg	0.041		1		1		0.078	0.035	
Selenium, Se.....mcg	38.5		0	BFYN	4		73.5	32.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.6	0.3	
Thiamin.....mg	0.578	0.049	12		1		1.104	0.491	
Riboflavin.....mg	0.357	0.013	12		1		0.682	0.303	
Niacin.....mg	4.314	0.135	12		1		8.240	3.667	
Pantothenic acid.....mg	0.592		0		1		1.131	0.503	
Vitamin B-6.....mg	0.410		0		1		0.783	0.349	
Folate, total.....mcg	5		0		1		10	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		10	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		10	4	
Vitamin B-12.....mcg	0.78	0.066	12		1		1.49	0.66	
Vitamin A, IU.....IU	7		0		1		13	6	
Vitamin A, RAE.....mcg_RAE	2		0		1		4	2	
Retinol.....mcg	2		0		1		4	2	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.300		0		1		8.213	3.655	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		11		1		0.000	0.000	
12:0.....g	0.000		11		1		0.000	0.000	
13:0.....g									
14:0.....g	0.140		11		1		0.267	0.119	
15:0.....g									
16:0.....g	2.700		11		1		5.157	2.295	
17:0.....g									
18:0.....g	1.360		11		1		2.598	1.156	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10079

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.980		0		1		11.422	5.083	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		11		1		0.669	0.298	
17:1.....g									
18:1 undifferentiated.....g	5.440		11		1		10.390	4.624	
20:1.....g	0.130		11		1		0.248	0.111	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.200		0		1		2.292	1.020	
18:2 undifferentiated.....g	1.040		11		1		1.986	0.884	
18:3 undifferentiated.....g	0.030		11		1		0.057	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		11		1		0.153	0.068	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	95	3.596	11		1		181	81	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.339		0		1		0.647	0.288	
Threonine.....g	1.218		0		1		2.326	1.035	
Isoleucine.....g	1.249		0		1		2.386	1.062	
Leucine.....g	2.141		0		1		4.089	1.820	
Lysine.....g	2.399		0		1		4.582	2.039	
Methionine.....g	0.706		0		1		1.348	0.600	
Cystine.....g	0.340		0		1		0.649	0.289	
Phenylalanine.....g	1.065		0		1		2.034	0.905	
Tyrosine.....g	0.930		0		1		1.776	0.791	
Valine.....g	1.447		0		1		2.764	1.230	
Arginine.....g	1.659		0		1		3.169	1.410	
Histidine.....g	1.066		0		1		2.036	0.906	
Alanine.....g	1.554		0		1		2.968	1.321	
Aspartic acid.....g	2.475		0		1		4.727	2.104	
Glutamic acid.....g	4.176		0		1		7.976	3.550	
Glycine.....g	1.267		0		1		2.420	1.077	
Proline.....g	1.072		0		1		2.048	0.911	
Serine.....g	1.102		0		1		2.105	0.937	
Hydroxyproline.....g									

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Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10077

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.780		0		1		0.788	12.610	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		378		1		0.054	0.862	
17:1.....g									
18:1 undifferentiated.....g	2.530		378		1		0.717	11.476	
20:1.....g	0.040		71		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.660		0		1		0.187	2.994	
18:2 undifferentiated.....g	0.530		378		1		0.150	2.404	
18:3 undifferentiated.....g	0.030		190		1		0.009	0.136	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		315		1		0.020	0.318	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65	1.004	11		1		18	295	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.251		0		1		0.071	1.139	
Threonine.....g	0.902		0		1		0.256	4.091	
Isoleucine.....g	0.925		0		1		0.262	4.196	
Leucine.....g	1.585		0		1		0.449	7.190	
Lysine.....g	1.776		0		1		0.503	8.056	
Methionine.....g	0.523		0		1		0.148	2.372	
Cystine.....g	0.252		0		1		0.071	1.143	
Phenylalanine.....g	0.788		0		1		0.223	3.574	
Tyrosine.....g	0.688		0		1		0.195	3.121	
Valine.....g	1.071		0		1		0.304	4.858	
Arginine.....g	1.228		0		1		0.348	5.570	
Histidine.....g	0.789		0		1		0.224	3.579	
Alanine.....g	1.151		0		1		0.326	5.221	
Aspartic acid.....g	1.832		0		1		0.519	8.310	
Glutamic acid.....g	3.092		0		1		0.877	14.025	
Glycine.....g	0.938		0		1		0.266	4.255	
Proline.....g	0.793		0		1		0.225	3.597	
Serine.....g	0.816		0		1		0.231	3.701	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10077
Pork, fresh, shoulder, arm picnic, separable lean only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10080

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.060		0		1		32.024	16.097	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		2.087	1.049	
17:1.....g									
18:1 undifferentiated.....g	6.470		0		1		29.348	14.752	
20:1.....g	0.120		0		1		0.544	0.274	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.690		0		1		7.666	3.853	
18:2 undifferentiated.....g	1.400		0		1		6.350	3.192	
18:3 undifferentiated.....g	0.110		0		1		0.499	0.251	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.499	0.251	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		322	162	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.217		0		1		0.984	0.495	
Threonine.....g	0.795		0		1		3.606	1.813	
Isoleucine.....g	0.810		0		1		3.674	1.847	
Leucine.....g	1.404		0		1		6.369	3.201	
Lysine.....g	1.578		0		1		7.158	3.598	
Methionine.....g	0.457		0		1		2.073	1.042	
Cystine.....g	0.221		0		1		1.002	0.504	
Phenylalanine.....g	0.701		0		1		3.180	1.598	
Tyrosine.....g	0.601		0		1		2.726	1.370	
Valine.....g	0.950		0		1		4.309	2.166	
Arginine.....g	1.120		0		1		5.080	2.554	
Histidine.....g	0.683		0		1		3.098	1.557	
Alanine.....g	1.039		0		1		4.713	2.369	
Aspartic acid.....g	1.619		0		1		7.344	3.691	
Glutamic acid.....g	2.710		0		1		12.293	6.179	
Glycine.....g	0.938		0		1		4.255	2.139	
Proline.....g	0.764		0		1		3.466	1.742	
Serine.....g	0.729		0		1		3.307	1.662	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 228g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10084

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.610		0		1		16.375	7.148	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		378		1		1.134	0.495	
17:1.....g									
18:1 undifferentiated.....g	3.280		378		1		14.878	6.494	
20:1.....g	0.060		71		1		0.272	0.119	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.860		0		1		3.901	1.703	
18:2 undifferentiated.....g	0.690		378		1		3.130	1.366	
18:3 undifferentiated.....g	0.030		190		1		0.136	0.059	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		315		1		0.454	0.198	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	0.948	15		1		308	135	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.246		0		1		1.116	0.487	
Threonine.....g	0.885		0		1		4.014	1.752	
Isoleucine.....g	0.907		0		1		4.114	1.796	
Leucine.....g	1.554		0		1		7.049	3.077	
Lysine.....g	1.742		0		1		7.902	3.449	
Methionine.....g	0.513		0		1		2.327	1.016	
Cystine.....g	0.247		0		1		1.120	0.489	
Phenylalanine.....g	0.773		0		1		3.506	1.531	
Tyrosine.....g	0.675		0		1		3.062	1.337	
Valine.....g	1.051		0		1		4.767	2.081	
Arginine.....g	1.204		0		1		5.461	2.384	
Histidine.....g	0.774		0		1		3.511	1.533	
Alanine.....g	1.129		0		1		5.121	2.235	
Aspartic acid.....g	1.797		0		1		8.151	3.558	
Glutamic acid.....g	3.032		0		1		13.753	6.003	
Glycine.....g	0.920		0		1		4.173	1.822	
Proline.....g	0.778		0		1		3.529	1.540	
Serine.....g	0.800		0		1		3.629	1.584	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

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

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

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10083

Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.270		0		1		21.667	7.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		1.362	0.442	
17:1.....g									
18:1 undifferentiated.....g	7.490		0		1		19.624	6.367	
20:1.....g	0.170		0		1		0.445	0.145	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.760		0		1		4.611	1.496	
18:2 undifferentiated.....g	1.550		0		1		4.061	1.318	
18:3 undifferentiated.....g	0.060		0		1		0.157	0.051	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.157	0.051	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		225	73	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.283		0		1		0.741	0.241	
Threonine.....g	1.039		0		1		2.722	0.883	
Isoleucine.....g	1.059		0		1		2.775	0.900	
Leucine.....g	1.836		0		1		4.810	1.561	
Lysine.....g	2.064		0		1		5.408	1.754	
Methionine.....g	0.598		0		1		1.567	0.508	
Cystine.....g	0.289		0		1		0.757	0.246	
Phenylalanine.....g	0.917		0		1		2.403	0.779	
Tyrosine.....g	0.785		0		1		2.057	0.667	
Valine.....g	1.242		0		1		3.254	1.056	
Arginine.....g	1.467		0		1		3.844	1.247	
Histidine.....g	0.893		0		1		2.340	0.759	
Alanine.....g	1.360		0		1		3.563	1.156	
Aspartic acid.....g	2.117		0		1		5.547	1.799	
Glutamic acid.....g	3.542		0		1		9.280	3.011	
Glycine.....g	1.232		0		1		3.228	1.047	
Proline.....g	1.002		0		1		2.625	0.852	
Serine.....g	0.954		0		1		2.499	0.811	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10083
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10087

Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.340		0		1		15.089	5.389	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.976	0.349	
17:1.....g									
18:1 undifferentiated.....g	5.720		0		1		13.614	4.862	
20:1.....g	0.150		0		1		0.357	0.128	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.290		0		1		3.070	1.097	
18:2 undifferentiated.....g	1.120		0		1		2.666	0.952	
18:3 undifferentiated.....g	0.050		0		1		0.119	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.119	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		202	72	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.308		0		1		0.733	0.262	
Threonine.....g	1.106		0		1		2.632	0.940	
Isoleucine.....g	1.134		0		1		2.699	0.964	
Leucine.....g	1.943		0		1		4.624	1.652	
Lysine.....g	2.178		0		1		5.184	1.851	
Methionine.....g	0.641		0		1		1.526	0.545	
Cystine.....g	0.309		0		1		0.735	0.263	
Phenylalanine.....g	0.967		0		1		2.301	0.822	
Tyrosine.....g	0.844		0		1		2.009	0.717	
Valine.....g	1.314		0		1		3.127	1.117	
Arginine.....g	1.505		0		1		3.582	1.279	
Histidine.....g	0.967		0		1		2.301	0.822	
Alanine.....g	1.411		0		1		3.358	1.199	
Aspartic acid.....g	2.246		0		1		5.345	1.909	
Glutamic acid.....g	3.791		0		1		9.023	3.222	
Glycine.....g	1.150		0		1		2.737	0.978	
Proline.....g	0.973		0		1		2.316	0.827	
Serine.....g	1.000		0		1		2.380	0.850	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10087
Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10081

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.600		0		1		8.160	13.440	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.610		0		1		0.519	0.854	
17:1.....g									
18:1 undifferentiated.....g	8.670		0		1		7.370	12.138	
20:1.....g	0.220		0		1		0.187	0.308	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.980		0		1		1.683	2.772	
18:2 undifferentiated.....g	1.740		0		1		1.479	2.436	
18:3 undifferentiated.....g	0.070		0		1		0.060	0.098	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.068	0.112	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	113		0		1		96	158	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.350		0		1		0.298	0.490	
Threonine.....g	1.287		0		1		1.094	1.802	
Isoleucine.....g	1.310		0		1		1.114	1.834	
Leucine.....g	2.275		0		1		1.934	3.185	
Lysine.....g	2.560		0		1		2.176	3.584	
Methionine.....g	0.740		0		1		0.629	1.036	
Cystine.....g	0.358		0		1		0.304	0.501	
Phenylalanine.....g	1.137		0		1		0.966	1.592	
Tyrosine.....g	0.972		0		1		0.826	1.361	
Valine.....g	1.540		0		1		1.309	2.156	
Arginine.....g	1.824		0		1		1.550	2.554	
Histidine.....g	1.103		0		1		0.938	1.544	
Alanine.....g	1.689		0		1		1.436	2.365	
Aspartic acid.....g	2.622		0		1		2.229	3.671	
Glutamic acid.....g	4.384		0		1		3.726	6.138	
Glycine.....g	1.549		0		1		1.317	2.169	
Proline.....g	1.254		0		1		1.066	1.756	
Serine.....g	1.184		0		1		1.006	1.658	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 140g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

NDB No. 10081
Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10082

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.420		0		1		6.307	12.540	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		0.408	0.811	
17:1.....g									
18:1 undifferentiated.....g	6.670		0		1		5.670	11.272	
20:1.....g	0.180		0		1		0.153	0.304	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.460		0		1		1.241	2.467	
18:2 undifferentiated.....g	1.260		0		1		1.071	2.129	
18:3 undifferentiated.....g	0.050		0		1		0.043	0.085	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.060	0.118	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	2.323	13		1		81	161	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.325		0		1		0.276	0.549	
Threonine.....g	1.168		0		1		0.993	1.974	
Isoleucine.....g	1.198		0		1		1.018	2.025	
Leucine.....g	2.052		0		1		1.744	3.468	
Lysine.....g	2.300		0		1		1.955	3.887	
Methionine.....g	0.677		0		1		0.575	1.144	
Cystine.....g	0.326		0		1		0.277	0.551	
Phenylalanine.....g	1.021		0		1		0.868	1.725	
Tyrosine.....g	0.891		0		1		0.757	1.506	
Valine.....g	1.388		0		1		1.180	2.346	
Arginine.....g	1.590		0		1		1.352	2.687	
Histidine.....g	1.022		0		1		0.869	1.727	
Alanine.....g	1.490		0		1		1.267	2.518	
Aspartic acid.....g	2.373		0		1		2.017	4.010	
Glutamic acid.....g	4.004		0		1		3.403	6.767	
Glycine.....g	1.215		0		1		1.033	2.053	
Proline.....g	1.028		0		1		0.874	1.737	
Serine.....g	1.057		0		1		0.898	1.786	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 169g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

NDB No. 10082
Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10085

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.990		0		1		5.942	8.528	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		30		1		0.391	0.561	
17:1.....g									
18:1 undifferentiated.....g	6.270		30		1		5.330	7.649	
20:1.....g	0.180		13		1		0.153	0.220	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.330		0		1		1.131	1.623	
18:2 undifferentiated.....g	1.140		30		1		0.969	1.391	
18:3 undifferentiated.....g	0.050		30		1		0.043	0.061	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		30		1		0.060	0.085	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	116	3.195	11		1		99	142	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.395		0		1		0.336	0.482	
Threonine.....g	1.420		0		1		1.207	1.732	
Isoleucine.....g	1.456		0		1		1.238	1.776	
Leucine.....g	2.495		0		1		2.121	3.044	
Lysine.....g	2.796		0		1		2.377	3.411	
Methionine.....g	0.823		0		1		0.700	1.004	
Cystine.....g	0.397		0		1		0.337	0.484	
Phenylalanine.....g	1.241		0		1		1.055	1.514	
Tyrosine.....g	1.083		0		1		0.921	1.321	
Valine.....g	1.687		0		1		1.434	2.058	
Arginine.....g	1.933		0		1		1.643	2.358	
Histidine.....g	1.242		0		1		1.056	1.515	
Alanine.....g	1.811		0		1		1.539	2.209	
Aspartic acid.....g	2.884		0		1		2.451	3.518	
Glutamic acid.....g	4.867		0		1		4.137	5.938	
Glycine.....g	1.476		0		1		1.255	1.801	
Proline.....g	1.249		0		1		1.062	1.524	
Serine.....g	1.284		0		1		1.091	1.566	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

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

NDB No. 10085
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.07	0.910	13		1		51.06	88.30	
Energy.....kcal	227		0	NC	4		193	334	
Energy.....kj	950				4		807	1396	
Protein (N x 6.25).....g	26.74	0.326	13		1		22.73	39.31	
Total lipid (fat).....g	12.54	0.696	13		1		10.66	18.43	
Ash.....g	1.10	0.029	13		1		0.94	1.62	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33	2.648	5		1		28	49	
Iron, Fe.....mg	1.56	0.051	5		1		1.33	2.29	
Magnesium, Mg.....mg	24	0.502	5		1		20	35	
Phosphorus, P.....mg	220	4.546	5		1		187	323	
Potassium, K.....mg	343	10.614	5		1		292	504	
Sodium, Na.....mg	74	1.935	5		1		63	109	
Zinc, Zn.....mg	5.02	0.374	5		1		4.27	7.38	
Copper, Cu.....mg	0.059	0.020	5		1		0.050	0.087	
Manganese, Mn.....mg	0.009		0		1		0.008	0.013	
Selenium, Se.....mcg	39.3	5.881	5	A	1		33.4	57.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		1		0.3	0.4	
Thiamin.....mg	0.750		0		1		0.638	1.103	
Riboflavin.....mg	0.440		0		1		0.374	0.647	
Niacin.....mg	4.300		0		1		3.655	6.321	
Pantothenic acid.....mg	0.816		0		1		0.694	1.200	
Vitamin B-6.....mg	0.310		0		1		0.264	0.456	
Folate, total.....mcg	5		0		1		4	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		4	7	
Folate, DFE.....mcg_DFE	5		0	NC	4		4	7	
Vitamin B-12.....mcg	1.13		0		1		0.96	1.66	
Vitamin A, IU.....IU	7		0	NC	4		6	10	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	3	
Retinol.....mcg	2		0	NR	4		2	3	
Vitamin E (alpha-tocopherol).....mg	0.27		0	BFSN	4		0.23	0.40	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.450		0		1		3.783	6.542	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		19		1		0.009	0.015	
12:0.....g	0.010		19		1		0.009	0.015	

NDB No. 10086

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.640		0		1		4.794	8.291	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		30		1		0.315	0.544	
17:1.....g									
18:1 undifferentiated.....g	5.060		30		1		4.301	7.438	
20:1.....g	0.150		13		1		0.128	0.221	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.080		0		1		0.918	1.588	
18:2 undifferentiated.....g	0.920		30		1		0.782	1.352	
18:3 undifferentiated.....g	0.040		30		1		0.034	0.059	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		30		1		0.051	0.088	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94	2.049	13		1		80	138	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.340		0		1		0.289	0.500	
Threonine.....g	1.221		0		1		1.038	1.795	
Isoleucine.....g	1.252		0		1		1.064	1.840	
Leucine.....g	2.145		0		1		1.823	3.153	
Lysine.....g	2.405		0		1		2.044	3.535	
Methionine.....g	0.708		0		1		0.602	1.041	
Cystine.....g	0.341		0		1		0.290	0.501	
Phenylalanine.....g	1.067		0		1		0.907	1.568	
Tyrosine.....g	0.932		0		1		0.792	1.370	
Valine.....g	1.451		0		1		1.233	2.133	
Arginine.....g	1.662		0		1		1.413	2.443	
Histidine.....g	1.068		0		1		0.908	1.570	
Alanine.....g	1.558		0		1		1.324	2.290	
Aspartic acid.....g	2.480		0		1		2.108	3.646	
Glutamic acid.....g	4.186		0		1		3.558	6.153	
Glycine.....g	1.270		0		1		1.080	1.867	
Proline.....g	1.074		0		1		0.913	1.579	
Serine.....g	1.105		0		1		0.939	1.624	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 147g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 300 g)

NDB No. 10086
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10071

Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.470		0		1		12.785	8.050	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		0		1		0.783	0.493	
17:1.....g									
18:1 undifferentiated.....g	8.620		0		1		11.637	7.327	
20:1.....g	0.190		0		1		0.257	0.162	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.050		0		1		2.768	1.743	
18:2 undifferentiated.....g	1.820		0		1		2.457	1.547	
18:3 undifferentiated.....g	0.070		0		1		0.095	0.060	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.095	0.060	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		122	77	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.278		0		1		0.375	0.236	
Threonine.....g	1.036		0		1		1.399	0.881	
Isoleucine.....g	1.051		0		1		1.419	0.893	
Leucine.....g	1.837		0		1		2.480	1.561	
Lysine.....g	2.071		0		1		2.796	1.760	
Methionine.....g	0.593		0		1		0.801	0.504	
Cystine.....g	0.288		0		1		0.389	0.245	
Phenylalanine.....g	0.921		0		1		1.243	0.783	
Tyrosine.....g	0.778		0		1		1.050	0.661	
Valine.....g	1.244		0		1		1.679	1.057	
Arginine.....g	1.498		0		1		2.022	1.273	
Histidine.....g	0.879		0		1		1.187	0.747	
Alanine.....g	1.380		0		1		1.863	1.173	
Aspartic acid.....g	2.114		0		1		2.854	1.797	
Glutamic acid.....g	3.518		0		1		4.749	2.990	
Glycine.....g	1.333		0		1		1.800	1.133	
Proline.....g	1.060		0		1		1.431	0.901	
Serine.....g	0.961		0		1		1.297	0.817	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10071
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87
Food Group: 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10070

Pork, fresh, shoulder, whole, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.010		0		1		2.271	36.333	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.510		0		1		0.145	2.313	
17:1.....g									
18:1 undifferentiated.....g	7.350		0		1		2.084	33.340	
20:1.....g	0.130		0		1		0.037	0.590	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.920		0		1		0.544	8.709	
18:2 undifferentiated.....g	1.600		0		1		0.454	7.258	
18:3 undifferentiated.....g	0.130		0		1		0.037	0.590	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.028	0.454	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	322	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.208		0		1		0.059	0.943	
Threonine.....g	0.768		0		1		0.218	3.484	
Isoleucine.....g	0.781		0		1		0.221	3.543	
Leucine.....g	1.360		0		1		0.386	6.169	
Lysine.....g	1.531		0		1		0.434	6.945	
Methionine.....g	0.441		0		1		0.125	2.000	
Cystine.....g	0.214		0		1		0.061	0.971	
Phenylalanine.....g	0.681		0		1		0.193	3.089	
Tyrosine.....g	0.579		0		1		0.164	2.626	
Valine.....g	0.921		0		1		0.261	4.178	
Arginine.....g	1.098		0		1		0.311	4.981	
Histidine.....g	0.656		0		1		0.186	2.976	
Alanine.....g	1.015		0		1		0.288	4.604	
Aspartic acid.....g	1.567		0		1		0.444	7.108	
Glutamic acid.....g	2.614		0		1		0.741	11.857	
Glycine.....g	0.952		0		1		0.270	4.318	
Proline.....g	0.765		0		1		0.217	3.470	
Serine.....g	0.709		0		1		0.201	3.216	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10070
Pork, fresh, shoulder, whole, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10073

Pork, fresh, shoulder, whole, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	6.170		0		1		8.330	5.245	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.513	0.323	
17:1.....g									
18:1 undifferentiated.....g	5.590		0		1		7.547	4.752	
20:1.....g	0.140		0		1		0.189	0.119	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0		1		1.688	1.063	
18:2 undifferentiated.....g	1.090		0		1		1.472	0.927	
18:3 undifferentiated.....g	0.040		0		1		0.054	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.095	0.060	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		122	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.322		0		1		0.435	0.274	
Threonine.....g	1.157		0		1		1.562	0.983	
Isoleucine.....g	1.186		0		1		1.601	1.008	
Leucine.....g	2.032		0		1		2.743	1.727	
Lysine.....g	2.278		0		1		3.075	1.936	
Methionine.....g	0.671		0		1		0.906	0.570	
Cystine.....g	0.323		0		1		0.436	0.275	
Phenylalanine.....g	1.011		0		1		1.365	0.859	
Tyrosine.....g	0.883		0		1		1.192	0.751	
Valine.....g	1.374		0		1		1.855	1.168	
Arginine.....g	1.575		0		1		2.126	1.339	
Histidine.....g	1.012		0		1		1.366	0.860	
Alanine.....g	1.476		0		1		1.993	1.255	
Aspartic acid.....g	2.350		0		1		3.173	1.998	
Glutamic acid.....g	3.965		0		1		5.353	3.370	
Glycine.....g	1.203		0		1		1.624	1.023	
Proline.....g	1.018		0		1		1.374	0.865	
Serine.....g	1.046		0		1		1.412	0.889	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 135g: 1 cup, diced

Measure 2 = 85g: 3 oz

NDB No. 10073
Pork, fresh, shoulder, whole, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10072

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.230		0		1		0.916	14.651	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.065	1.043	
17:1.....g									
18:1 undifferentiated.....g	2.930		0		1		0.831	13.290	
20:1.....g	0.050		0		1		0.014	0.227	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0		1		0.218	3.493	
18:2 undifferentiated.....g	0.620		0		1		0.176	2.812	
18:3 undifferentiated.....g	0.030		0		1		0.009	0.136	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.026	0.408	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		19	304	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		0.070	1.125	
Threonine.....g	0.893		0		1		0.253	4.051	
Isoleucine.....g	0.915		0		1		0.259	4.150	
Leucine.....g	1.568		0		1		0.445	7.112	
Lysine.....g	1.758		0		1		0.498	7.974	
Methionine.....g	0.518		0		1		0.147	2.350	
Cystine.....g	0.249		0		1		0.071	1.129	
Phenylalanine.....g	0.780		0		1		0.221	3.538	
Tyrosine.....g	0.681		0		1		0.193	3.089	
Valine.....g	1.060		0		1		0.301	4.808	
Arginine.....g	1.215		0		1		0.344	5.511	
Histidine.....g	0.781		0		1		0.221	3.543	
Alanine.....g	1.139		0		1		0.323	5.167	
Aspartic acid.....g	1.813		0		1		0.514	8.224	
Glutamic acid.....g	3.060		0		1		0.868	13.880	
Glycine.....g	0.928		0		1		0.263	4.209	
Proline.....g	0.785		0		1		0.223	3.561	
Serine.....g	0.807		0		1		0.229	3.661	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10089

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.480		0		1		23.860	11.458	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		6		1		1.274	0.612	
17:1.....g									
18:1 undifferentiated.....g	12.520		6		1		22.160	10.642	
20:1.....g	0.240		6		1		0.425	0.204	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.730		0		1		4.832	2.321	
18:2 undifferentiated.....g	2.510		6		1		4.443	2.134	
18:3 undifferentiated.....g	0.110		6		1		0.195	0.094	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		6		1		0.195	0.094	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	121	3.643	6		1		214	103	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.369		0		1		0.653	0.314	
Threonine.....g	1.327		0		1		2.349	1.128	
Isoleucine.....g	1.361		0		1		2.409	1.157	
Leucine.....g	2.332		0		1		4.128	1.982	
Lysine.....g	2.613		0		1		4.625	2.221	
Methionine.....g	0.769		0		1		1.361	0.654	
Cystine.....g	0.371		0		1		0.657	0.315	
Phenylalanine.....g	1.160		0		1		2.053	0.986	
Tyrosine.....g	1.013		0		1		1.793	0.861	
Valine.....g	1.577		0		1		2.791	1.340	
Arginine.....g	1.806		0		1		3.197	1.535	
Histidine.....g	1.161		0		1		2.055	0.987	
Alanine.....g	1.693		0		1		2.997	1.439	
Aspartic acid.....g	2.695		0		1		4.770	2.291	
Glutamic acid.....g	4.549		0		1		8.052	3.867	
Glycine.....g	1.380		0		1		2.443	1.173	
Proline.....g	1.167		0		1		2.066	0.992	
Serine.....g	1.200		0		1		2.124	1.020	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 10089
Pork, fresh, spareribs, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10088
Pork, fresh, spareribs, separable lean and fat, raw

Refuse: 38% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
							measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.88	2.665	6		1		16.13	258.01	
Energy.....kcal	286		0	NC	4		81	1297	
Energy.....kj	1197				4		339	5428	
Protein (N x 6.25).....g	17.09	0.859	6		1		4.85	77.52	
Total lipid (fat).....g	23.60	3.946	6		1		6.69	107.05	
Ash.....g	0.91	0.060	6		1		0.26	4.13	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0		1		9	141	
Iron, Fe.....mg	0.99	0.050	4		1		0.28	4.49	
Magnesium, Mg.....mg	22		0		1		6	100	
Phosphorus, P.....mg	239		0		1		68	1084	
Potassium, K.....mg	259	14.884	6		1		73	1175	
Sodium, Na.....mg	76	8.425	6		1		22	345	
Zinc, Zn.....mg	2.70	0.115	5		1		0.77	12.25	
Copper, Cu.....mg	0.085	0.004	5		1		0.024	0.386	
Manganese, Mn.....mg	0.010		0		1		0.003	0.045	
Selenium, Se.....mcg	27.3		0	BFNN	4		7.7	123.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.619	0.024	10		1		0.175	2.808	
Riboflavin.....mg	0.273	0.008	10		1		0.077	1.238	
Niacin.....mg	4.860	0.196	6		1		1.378	22.045	
Pantothenic acid.....mg	0.793	0.072	3		1		0.225	3.597	
Vitamin B-6.....mg	0.420		0		1		0.119	1.905	
Folate, total.....mcg	4		0		1		1	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		1	18	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12.....mcg	0.87	0.091	6		1		0.25	3.95	
Vitamin A, IU.....IU	10		0	NC	4		3	45	
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		1	14	
Retinol.....mcg	3		0	NR	4		1	14	
Vitamin E (alpha-tocopherol).....mg	0.23		0	BFSN	4		0.07	1.05	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	8.930		0		1		2.532	40.506	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.010		6		1		0.003	0.045	
12:0.....g	0.010		6		1		0.003	0.045	
13:0.....g									
14:0.....g	0.280		6		1		0.079	1.270	
15:0.....g									
16:0.....g	5.470		6		1		1.551	24.812	
17:0.....g									
18:0.....g	3.080		6		1		0.873	13.971	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10088

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.210		0		1		2.895	46.313	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560		6		1		0.159	2.540	
17:1.....g									
18:1 undifferentiated.....g	9.460		6		1		2.682	42.911	
20:1.....g	0.180		0		1		0.051	0.816	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.150		0		1		0.610	9.752	
18:2 undifferentiated.....g	1.970		6		1		0.558	8.936	
18:3 undifferentiated.....g	0.090		6		1		0.026	0.408	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		6		1		0.026	0.408	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	78	1.684	6		1		22	354	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.217		0		1		0.062	0.984	
Threonine.....g	0.780		0		1		0.221	3.538	
Isoleucine.....g	0.800		0		1		0.227	3.629	
Leucine.....g	1.371		0		1		0.389	6.219	
Lysine.....g	1.537		0		1		0.436	6.972	
Methionine.....g	0.452		0		1		0.128	2.050	
Cystine.....g	0.218		0		1		0.062	0.989	
Phenylalanine.....g	0.682		0		1		0.193	3.094	
Tyrosine.....g	0.595		0		1		0.169	2.699	
Valine.....g	0.927		0		1		0.263	4.205	
Arginine.....g	1.062		0		1		0.301	4.817	
Histidine.....g	0.683		0		1		0.194	3.098	
Alanine.....g	0.996		0		1		0.282	4.518	
Aspartic acid.....g	1.585		0		1		0.449	7.190	
Glutamic acid.....g	2.675		0		1		0.758	12.134	
Glycine.....g	0.811		0		1		0.230	3.679	
Proline.....g	0.687		0		1		0.195	3.116	
Serine.....g	0.706		0		1		0.200	3.202	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 10088
Pork, fresh, spareribs, separable lean and fat, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87 **Food Group:** 10 Pork Products
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10097

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.720		0		1		6.570	1.462	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.497	0.111	
17:1.....g									
18:1 undifferentiated.....g	1.100		0		1		4.202	0.935	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.470		0		1		5.615	1.250	
18:2 undifferentiated.....g	0.090		0		1		0.344	0.077	
18:3 undifferentiated.....g	0.120		0		1		0.458	0.102	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.490		0		1		1.872	0.417	
20:5 n-3.....g									
22:5 n-3.....g	0.220		0		1		0.840	0.187	
22:6 n-3.....g	0.460		0		1		1.757	0.391	
Fatty acids, total trans.....g									
Cholesterol.....mg	2552		0		1		9749	2169	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.155		0		1		0.592	0.132	
Threonine.....g	0.567		0		1		2.166	0.482	
Isoleucine.....g	0.561		0		1		2.143	0.477	
Leucine.....g	1.058		0		1		4.042	0.899	
Lysine.....g	0.954		0		1		3.644	0.811	
Methionine.....g	0.241		0		1		0.921	0.205	
Cystine.....g	0.214		0		4		0.817	0.182	
Phenylalanine.....g	0.618		0		1		2.361	0.525	
Tyrosine.....g	0.509		0		1		1.944	0.433	
Valine.....g	0.691		0		1		2.640	0.587	
Arginine.....g	0.635		0		1		2.426	0.540	
Histidine.....g	0.326		0		1		1.245	0.277	
Alanine.....g	0.660		0		4		2.521	0.561	
Aspartic acid.....g	1.214		0		1		4.637	1.032	
Glutamic acid.....g	1.420		0		1		5.424	1.207	
Glycine.....g	0.583		0		1		2.227	0.496	
Proline.....g	0.660		0		4		2.521	0.561	
Serine.....g	0.641		0		4		2.449	0.545	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 2% Blood clots and membrane

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.36	0.152	9		1		22.22	88.55	
Energy.....kcal	127		0	NC	4		36	144	
Energy.....kj	531				4		151	600	
Protein (N x 6.25).....g	10.28	0.005	13		1		2.91	11.62	
Total lipid (fat).....g	9.21	0.206	8		1		2.61	10.41	
Ash.....g	1.13	0.178	5		1		0.32	1.28	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	1.445	3		1		3	11	
Iron, Fe.....mg	1.60	0.131	5		1		0.45	1.81	
Magnesium, Mg.....mg	14	1.350	3		1		4	16	
Phosphorus, P.....mg	282	15.567	3		1		80	319	
Potassium, K.....mg	258	28.903	6		1		73	292	
Sodium, Na.....mg	120	12.242	5		1		34	136	
Zinc, Zn.....mg	1.27		0		1		0.36	1.44	
Copper, Cu.....mg	0.240		2		1		0.068	0.271	
Manganese, Mn.....mg	0.094	0.005	16		1		0.027	0.106	
Selenium, Se.....mcg	15.9		0	BFZN	4		4.5	18.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.5	0.805	5		1		3.8	15.3	
Thiamin.....mg	0.155		2		1		0.044	0.175	
Riboflavin.....mg	0.275		2		1		0.078	0.311	
Niacin.....mg	4.275		2		1		1.212	4.831	
Pantothenic acid.....mg	2.800		2		1		0.794	3.164	
Vitamin B-6.....mg	0.190		1		1		0.054	0.215	
Folate, total.....mcg	6		0		1		2	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		1		2	7	
Folate, DFE.....mcg_DFE	6		0	NC	4		2	7	
Vitamin B-12.....mcg	2.19	0.407	3		1		0.62	2.47	
Vitamin A, IU.....IU	0		3		1		0	0	
Vitamin A, RAE.....mcg_RAE	0	0.000	3		1		0	0	
Retinol.....mcg	0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.079		0		1		0.589	2.349	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.040		2		1		0.011	0.045	
15:0.....g									
16:0.....g	1.029		2		1		0.292	1.163	
17:0.....g									
18:0.....g	0.999		4		1		0.283	1.129	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10096

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.659		0		1		0.470	1.875	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		4		1		0.034	0.136	
17:1.....g									
18:1 undifferentiated.....g	1.069		4		1		0.303	1.208	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.429		0		1		0.405	1.615	
18:2 undifferentiated.....g	0.090		4		1		0.026	0.102	
18:3 undifferentiated.....g	0.120		2		1		0.034	0.136	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.470		4		1		0.133	0.531	
20:5 n-3.....g									
22:5 n-3.....g	0.220		1		1		0.062	0.249	
22:6 n-3.....g	0.450		1		1		0.128	0.509	
Fatty acids, total trans.....g									
Cholesterol.....mg	2195	249.128	27		1		622	2480	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.132		3		1		0.037	0.149	
Threonine.....g	0.480		4		1		0.136	0.542	
Isoleucine.....g	0.475		4		1		0.135	0.537	
Leucine.....g	0.896		4		1		0.254	1.012	
Lysine.....g	0.808		4		1		0.229	0.913	
Methionine.....g	0.204		4		1		0.058	0.231	
Cystine.....g									
Phenylalanine.....g	0.523		4		1		0.148	0.591	
Tyrosine.....g	0.431		1		1		0.122	0.487	
Valine.....g	0.586		4		1		0.166	0.662	
Arginine.....g	0.538		3		1		0.153	0.608	
Histidine.....g	0.276		3		1		0.078	0.312	
Alanine.....g									
Aspartic acid.....g	1.028		1		1		0.291	1.162	
Glutamic acid.....g	1.202		1		1		0.341	1.358	
Glycine.....g	0.493		1		1		0.140	0.557	
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.87		1	A	1		57.69		
Energy.....kcal	237		0	NC	4		201		
Energy.....kj	990		0	NC	4		841		
Protein (N x 6.25).....g	12.49		1	A	1		10.61		
Total lipid (fat).....g	20.32		1	A	1		17.27		
Ash.....g	0.30		1	A	1		0.25		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		1	A	1		21		
Iron, Fe.....mg	1.47		1	A	1		1.25		
Magnesium, Mg.....mg	9		1	A	1		8		
Phosphorus, P.....mg	66		1	A	1		56		
Potassium, K.....mg	14		1	A	1		12		
Sodium, Na.....mg	18		1	A	1		16		
Zinc, Zn.....mg	1.85		1	A	1		1.57		
Copper, Cu.....mg	0.046		1	A	1		0.039		
Manganese, Mn.....mg	0.089		1	A	1		0.076		
Selenium, Se.....mcg	27.0		1	A	1		23.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.014		1	A	1		0.012		
Riboflavin.....mg	0.046		1	A	1		0.039		
Niacin.....mg	0.087		1	A	1		0.074		
Pantothenic acid.....mg	0.087		1	A	1		0.074		
Vitamin B-6.....mg	0.000		1	A	1		0.000		
Folate, total.....mcg	1		1	A	1		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		1	A	1		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Vitamin B-12.....mcg	0.42		1	A	1		0.36		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.23		2	A	1		0.20		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.03		2	A	1		0.03		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	9.520		1	A	1		8.092		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.020		1	A	1		0.017		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.289		1	A	1		0.246		
15:0.....g	0.000		1	A	1		0.000</		

NDB No. 10099

Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	7.073		1	A	1		6.012		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.368		1	A	1		0.313		
17:1.....g									
18:1 undifferentiated.....g	6.572		1	A	1		5.586		
20:1.....g	0.133		1	A	1		0.113		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.217		1	A	1		1.034		
18:2 undifferentiated.....g	0.980		1	A	1		0.833		
18:3 undifferentiated.....g	0.033		0	AS	1		0.028		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.058		1	A	1		0.049		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.146		1	A	1		0.124		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	277		1	A	1		235		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 18% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Proximates:									
Water.....g	76.11		1	A	1		21.58		
Energy.....kcal	182		0	NC	4		52		
Energy.....kj	764		0	NC	4		216		
Protein (N x 6.25).....g	7.64		1	A	1		2.17		
Total lipid (fat).....g	16.61		1	A	1		4.71		
Ash.....g	0.20		1	A	1		0.06		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		1	A	1		4		
Iron, Fe.....mg	1.02		1	A	1		0.29		
Magnesium, Mg.....mg	6		1	A	1		2		
Phosphorus, P.....mg	48		1	A	1		14		
Potassium, K.....mg	18		1	A	1		5		
Sodium, Na.....mg	24		1	A	1		7		
Zinc, Zn.....mg	1.02		1	A	1		0.29		
Copper, Cu.....mg	0.076		1	A	1		0.022		
Manganese, Mn.....mg	0.051		1	A	1		0.014		
Selenium, Se.....mcg	15.1		1	A	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		1	A	1		0.3		
Thiamin.....mg	0.020		1	A	1		0.006		
Riboflavin.....mg	0.091		1	A	1		0.026		
Niacin.....mg	0.215		1	A	1		0.061		
Pantothenic acid.....mg	0.227		1	A	1		0.064		
Vitamin B-6.....mg	0.014		1	A	1		0.004		
Folate, total.....mcg	3		1	A	1		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		1	A	1		1		
Folate, DFE.....mcg_DFE	3		0	NC	4		1		
Vitamin B-12.....mcg	0.82		1	A	1		0.23		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.18		2	A	1		0.05		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.02		2	A	1		0.01		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	7.619		1	A	1		2.160		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.232		1	A	1		0.066		
15:0.....g	0.020		1	A	1		0.006		
16:0.....g	4.057		1	A	1		1.150		
17:0.....g	0.133		1	A	1		0.038		
18:0.....g	3.152		1	A	1		0.894		
20:0.....g	0.025		1	A	1		0.007		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									

NDB No. 10098

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	5.367		1	A	1		1.522		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.263		1	A	1		0.075		
17:1.....g									
18:1 undifferentiated.....g	4.994		1	A	1		1.416		
20:1.....g	0.110		1	A	1		0.031		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.968		1	A	1		0.274		
18:2 undifferentiated.....g	0.799		1	A	1		0.227		
18:3 undifferentiated.....g	0.028		0	AS	1		0.008		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.046		1	A	1		0.013		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.095		1	A	1		0.027		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	154		1	A	1		44		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10101

Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.910		0		4		5.450	20.720	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		4		0.344	1.308	
17:1.....g									
18:1 undifferentiated.....g	4.600		0		4		5.106	19.412	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.150		0		4		1.277	4.853	
18:2 undifferentiated.....g	1.010		0		4		1.121	4.262	
18:3 undifferentiated.....g	0.090		0		4		0.100	0.380	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		4		0.056	0.211	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		1		1		100	380	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.031		1		1		0.034	0.131	
Threonine.....g	0.477		1		1		0.529	2.013	
Isoleucine.....g	0.365		1		1		0.405	1.540	
Leucine.....g	0.875		1		1		0.971	3.693	
Lysine.....g	0.732		1		1		0.813	3.089	
Methionine.....g	0.128		1		1		0.142	0.540	
Cystine.....g	0.142		0		4		0.158	0.599	
Phenylalanine.....g	0.510		1		1		0.566	2.152	
Tyrosine.....g	0.319		1		1		0.354	1.346	
Valine.....g	0.638		1		1		0.708	2.692	
Arginine.....g	1.276		1		1		1.416	5.385	
Histidine.....g	0.191		1		1		0.212	0.806	
Alanine.....g	1.531		1		1		1.699	6.461	
Aspartic acid.....g	1.179		1		1		1.309	4.975	
Glutamic acid.....g	2.008		1		1		2.229	8.474	
Glycine.....g	3.142		1		1		3.488	13.259	
Proline.....g	1.914		1		1		2.125	8.077	
Serine.....g	0.684		1		1		0.759	2.886	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 111g: 1 ear (yield after cooking)

Measure 2 = 422g: 1 unit, cooked (yield from 1 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10100

Pork, fresh, variety meats and by-products, ears, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.860		0		4		1.945	7.752	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0		4		0.122	0.486	
17:1.....g									
18:1 undifferentiated.....g	6.430		0		4		1.823	7.266	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.610		0		4		0.456	1.819	
18:2 undifferentiated.....g	1.410		0		4		0.400	1.593	
18:3 undifferentiated.....g	0.130		0		4		0.037	0.147	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		4		0.020	0.079	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		1		1		23	93	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.043		1		1		0.012	0.049	
Threonine.....g	0.629		1		1		0.178	0.711	
Isoleucine.....g	0.492		1		1		0.139	0.556	
Leucine.....g	1.167		1		1		0.331	1.319	
Lysine.....g	1.052		1		1		0.298	1.189	
Methionine.....g	0.133		1		1		0.038	0.150	
Cystine.....g	0.200		0		4		0.057	0.226	
Phenylalanine.....g	0.718		1		1		0.204	0.811	
Tyrosine.....g	0.402		1		1		0.114	0.454	
Valine.....g	0.830		1		1		0.235	0.938	
Arginine.....g	1.861		1		1		0.528	2.103	
Histidine.....g	0.269		1		1		0.076	0.304	
Alanine.....g	2.220		1		1		0.629	2.509	
Aspartic acid.....g	1.660		1		1		0.471	1.876	
Glutamic acid.....g	2.805		1		1		0.795	3.170	
Glycine.....g	4.400		1		1		1.247	4.972	
Proline.....g	2.848		1		1		0.807	3.218	
Serine.....g	0.941		1		1		0.267	1.063	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 ear

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, fresh, variety meats and by-products, feet, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.85		1	A	1		53.42		
Energy.....kcal	238		0	NC	4		203		
Energy.....kj	998		0	NC	4		848		
Protein (N x 6.25).....g	21.94		1	A	1		18.65		
Total lipid (fat).....g	16.05		1	A	1		13.64		
Ash.....g	0.66		1	A	1		0.56		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	A	1		0		
Iron, Fe.....mg	0.98		1	A	1		0.83		
Magnesium, Mg.....mg	5		1	A	1		5		
Phosphorus, P.....mg	82		1	A	1		70		
Potassium, K.....mg	33		1	A	1		28		
Sodium, Na.....mg	73		1	A	1		62		
Zinc, Zn.....mg	1.05		1	A	1		0.89		
Copper, Cu.....mg	0.062		1	A	1		0.053		
Manganese, Mn.....mg	0.018		1	A	1		0.015		
Selenium, Se.....mcg	23.0		1	A	1		19.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.016		1	A	1		0.014		
Riboflavin.....mg	0.057		1	A	1		0.048		
Niacin.....mg	0.585		1	A	1		0.497		
Pantothenic acid.....mg	0.240		1	A	1		0.204		
Vitamin B-6.....mg	0.038		1	A	1		0.032		
Folate, total.....mcg	2		1	A	1		2		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	2		1	A	1		2		
Folate, DFE.....mcg_DFE	2		0	NC	4		2		
Vitamin B-12.....mcg	0.41		1	A	1		0.35		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.09		2	A	1		0.08		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.03		2	A	1		0.03		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	4.343		1	A	1		3.692		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.189		1	A	1		0.161		
15:0.....g	0.000		1	A	1		0.000		
16:0									

NDB No. 10173

Pork, fresh, variety meats and by-products, feet, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<hr/>									
Fatty acids, total monounsaturated.....g	8.005		1	A	1		6.804		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.612		1	A	1		0.520		
17:1.....g									
18:1 undifferentiated.....g	7.232		1	A	1		6.147		
20:1.....g	0.161		1	A	1		0.137		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.540		1	A	1		1.309		
18:2 undifferentiated.....g	1.319		1	A	1		1.121		
18:3 undifferentiated.....g	0.064		0	AS	1		0.054		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.081		1	A	1		0.069		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.076		1	A	1		0.065		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	107		1	A	1		91		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 85g: 3 oz

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.99		1	A	1		18.42		
Energy.....kcal	212		0	NC	4		60		
Energy.....kj	889		0	NC	4		252		
Protein (N x 6.25).....g	23.16		1	A	1		6.57		
Total lipid (fat).....g	12.59		1	A	1		3.57		
Ash.....g	0.68		1	A	1		0.19		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70		1	A	1		20		
Iron, Fe.....mg	0.58		1	A	1		0.16		
Magnesium, Mg.....mg	6		1	A	1		2		
Phosphorus, P.....mg	75		1	A	1		21		
Potassium, K.....mg	63		1	A	1		18		
Sodium, Na.....mg	132		1	A	1		37		
Zinc, Zn.....mg	0.76		1	A	1		0.22		
Copper, Cu.....mg	0.070		1	A	1		0.020		
Manganese, Mn.....mg	0.000		1	A	1		0.000		
Selenium, Se.....mcg	23.3		1	A	1		6.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.026		1	A	1		0.007		
Riboflavin.....mg	0.106		1	A	1		0.030		
Niacin.....mg	1.130		1	A	1		0.320		
Pantothenic acid.....mg	0.303		1	A	1		0.086		
Vitamin B-6.....mg	0.053		1	A	1		0.015		
Folate, total.....mcg	10		1	A	1		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	10		1	A	1		3		
Folate, DFE.....mcg_DFE	10		0	NC	4		3		
Vitamin B-12.....mcg	0.52		1	A	1		0.15		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.02		2	A	1		0.01		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.00		2	A	1		0.00		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	3.570		1	A	1		1.012		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.011		1	A	1		0.003		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.154		1	A	1		0.044		
15:0.....g	0.000		1	A	1		0.000		
16									

NDB No. 10102

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	6.289		1	A	1		1.783		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.493		1	A	1		0.140		
17:1.....g									
18:1 undifferentiated.....g	5.682		1	A	1		1.611		
20:1.....g	0.114		1	A	1		0.032		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.092		1	A	1		0.310		
18:2 undifferentiated.....g	0.930		1	A	1		0.264		
18:3 undifferentiated.....g	0.043		0	AS	1		0.012		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.054		1	A	1		0.015		
20:3 undifferentiated.....g	0.012		1	A	1		0.003		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.053		1	A	1		0.015		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	88		1	A	1		25		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10104
Pork, fresh, variety meats and by-products, heart, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	1.180		0		1		1.711	1.522	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		0		1		0.160	0.142	
17:1.....g									
18:1 undifferentiated.....g	1.050		0		1		1.523	1.355	
20:1.....g	0.020		0		1		0.029	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.300		0		1		1.885	1.677	
18:2 undifferentiated.....g	0.890		0		1		1.291	1.148	
18:3 undifferentiated.....g	0.100		0		1		0.145	0.129	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.310		0		1		0.450	0.400	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	221		0		1		320	285	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.272		4		1		0.394	0.351	
Threonine.....g	1.035		11		1		1.501	1.335	
Isoleucine.....g	1.137		9		1		1.649	1.467	
Leucine.....g	2.130		9		1		3.089	2.748	
Lysine.....g	1.952		9		1		2.830	2.518	
Methionine.....g	0.604		9		1		0.876	0.779	
Cystine.....g	0.423		1		1		0.613	0.546	
Phenylalanine.....g	1.042		9		1		1.511	1.344	
Tyrosine.....g	0.808		5		1		1.172	1.042	
Valine.....g	1.250		9		1		1.813	1.613	
Arginine.....g	1.586		9		1		2.300	2.046	
Histidine.....g	0.600		9		1		0.870	0.774	
Alanine.....g	1.514		5		1		2.195	1.953	
Aspartic acid.....g	2.137		6		1		3.099	2.757	
Glutamic acid.....g	3.787		6		1		5.491	4.885	
Glycine.....g	1.284		6		1		1.862	1.656	
Proline.....g	1.087		5		1		1.576	1.402	
Serine.....g	1.110		5		1		1.610	1.432	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 145g: 1 cup
Measure 2 = 129g: 1 heart

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
Proximates:								
Water.....g	76.21	0.265	30		1	21.61	172.23	
Energy.....kcal	118		0	NC	4	33	267	
Energy.....kj	494				4	140	1116	
Protein (N x 6.25).....g	17.27	0.118	23		1	4.90	39.03	
Total lipid (fat).....g	4.36	0.250	35		1	1.24	9.85	
Ash.....g	0.84	0.045	7		1	0.24	1.90	
Carbohydrate, by difference.....g	1.33		0	NC	4	0.38	3.01	
Fiber, total dietary.....g	0.0		0	Z	7	0.0	0.0	
Sugars, total.....g								
Starch.....g								
Minerals:								
Calcium, Ca.....mg	5	0.163	8		1	1	11	
Iron, Fe.....mg	4.68	0.345	10		1	1.33	10.58	
Magnesium, Mg.....mg	19	1.211	10		1	5	43	
Phosphorus, P.....mg	169	12.008	7		1	48	382	
Potassium, K.....mg	294	8.883	9		1	83	664	
Sodium, Na.....mg	56	2.517	3		1	16	127	
Zinc, Zn.....mg	2.80	0.256	10		1	0.79	6.33	
Copper, Cu.....mg	0.408	0.042	7		1	0.116	0.922	
Manganese, Mn.....mg	0.063	0.003	4		1	0.018	0.142	
Selenium, Se.....mcg	10.4		0	BFZN	4	2.9	23.5	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	5.3	0.650	10		1	1.5	12.0	
Thiamin.....mg	0.613	0.069	17		1	0.174	1.385	
Riboflavin.....mg	1.185	0.076	15		1	0.336	2.678	
Niacin.....mg	6.765	0.439	6		1	1.918	15.289	
Pantothenic acid.....mg	2.515		2		1	0.713	5.684	
Vitamin B-6.....mg	0.390	0.015	3		1	0.111	0.881	
Folate, total.....mcg	4	1.100	4		1	1	9	
Folic acid.....mcg	0		0	Z	7	0	0	
Folate, food.....mcg	4	1.100	4		1	1	9	
Folate, DFE.....mcg_DFE	4		0	NC	4	1	9	
Vitamin B-12.....mcg	3.79	0.265	3		1	1.07	8.57	
Vitamin A, IU.....IU	25	13.229	3		1	7	57	
Vitamin A, RAE.....mcg_RAE	8	3.973	3		1	2	17	
Retinol.....mcg	8	3.973	3		1	2	17	
Vitamin E (alpha-tocopherol).....mg								
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg								
Lipids:								
Fatty acids, total saturated.....g	1.160		0		1	0.329	2.622	
4:0.....g	0.000		0		1	0.000	0.000	
6:0.....g	0.000		0		1	0.000	0.000	
8:0.....g	0.000		0		1	0.000	0.000	
10:0.....g	0.000		2		1	0.000	0.000	
12:0.....g	0.010		2		1	0.003	0.023	
13:0.....g								
14:0.....g	0.080	0.047	4		1	0.023	0.181	
15:0.....g								
16:0.....g	0.590	0.100	5		1	0.167	1.333	
17:0.....g								
18:0.....g	0.450	0.080	5		1	0.128	1.017	
20:0.....g								
22:0.....g								
24:0.....g								

NDB No. 10103

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.020		0		1		0.289	2.305	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.031	5		1		0.028	0.226	
17:1.....g									
18:1 undifferentiated.....g	0.900	0.227	5		1		0.255	2.034	
20:1.....g	0.018		2		1		0.005	0.041	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.120		0		1		0.318	2.531	
18:2 undifferentiated.....g	0.770	0.205	5		1		0.218	1.740	
18:3 undifferentiated.....g	0.080	0.084	3		1		0.023	0.181	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.270	0.091	4		1		0.077	0.610	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	131	12.852	32		1		37	296	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.199		4		1		0.056	0.450	
Threonine.....g	0.757		11		1		0.215	1.711	
Isoleucine.....g	0.831		9		1		0.236	1.878	
Leucine.....g	1.558		9		1		0.442	3.521	
Lysine.....g	1.428		9		1		0.405	3.227	
Methionine.....g	0.442		9		1		0.125	0.999	
Cystine.....g	0.309		0		4		0.088	0.698	
Phenylalanine.....g	0.762		9		1		0.216	1.722	
Tyrosine.....g	0.591		5		1		0.168	1.336	
Valine.....g	0.914		9		1		0.259	2.066	
Arginine.....g	1.160		9		1		0.329	2.622	
Histidine.....g	0.439		9		1		0.124	0.992	
Alanine.....g	1.108		5		1		0.314	2.504	
Aspartic acid.....g	1.563		6		1		0.443	3.532	
Glutamic acid.....g	2.770		6		1		0.785	6.260	
Glycine.....g	0.939		6		1		0.266	2.122	
Proline.....g	0.795		5		1		0.225	1.797	
Serine.....g	0.812		5		1		0.230	1.835	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 226g: 1 heart

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10105

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.890		0		1		9.324	37.166	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.160		0		1		0.612	2.441	
17:1.....g									
18:1 undifferentiated.....g	30.170		0		1		8.553	34.092	
20:1.....g	0.560		0		1		0.159	0.633	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.110		0		1		2.299	9.164	
18:2 undifferentiated.....g	7.450		0		1		2.112	8.419	
18:3 undifferentiated.....g	0.580		0		1		0.164	0.655	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.023	0.090	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		26	102	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.006	0.024	
Threonine.....g	0.210		0		1		0.060	0.237	
Isoleucine.....g	0.168		0		1		0.048	0.190	
Leucine.....g	0.446		0		1		0.126	0.504	
Lysine.....g	0.528		0		1		0.150	0.597	
Methionine.....g	0.095		0		1		0.027	0.107	
Cystine.....g	0.056		0		1		0.016	0.063	
Phenylalanine.....g	0.239		0		1		0.068	0.270	
Tyrosine.....g	0.104		0		1		0.029	0.118	
Valine.....g	0.305		0		1		0.086	0.345	
Arginine.....g	0.659		0		1		0.187	0.745	
Histidine.....g	0.072		0		1		0.020	0.081	
Alanine.....g	0.378		0		4		0.107	0.427	
Aspartic acid.....g	0.592		0		4		0.168	0.669	
Glutamic acid.....g	0.991		0		4		0.281	1.120	
Glycine.....g	0.291		0		4		0.082	0.329	
Proline.....g	0.242		0		4		0.069	0.273	
Serine.....g	0.262		0		4		0.074	0.296	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10107
Pork, fresh, variety meats and by-products, kidneys, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.550		0		1		2.170	1.318	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		1		0.168	0.102	
17:1.....g									
18:1 undifferentiated.....g	1.400		0		1		1.960	1.190	
20:1.....g	0.020		0		1		0.028	0.017	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		0.532	0.323	
18:2 undifferentiated.....g	0.250		0		1		0.350	0.213	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.009	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.168	0.102	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	480		0		1		672	408	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.329		0		1		0.461	0.280	
Threonine.....g	1.053		0		1		1.474	0.895	
Isoleucine.....g	1.357		0		1		1.900	1.153	
Leucine.....g	2.280		0		1		3.192	1.938	
Lysine.....g	1.829		0		1		2.561	1.555	
Methionine.....g	0.545		0		1		0.763	0.463	
Cystine.....g	0.557		0		1		0.780	0.473	
Phenylalanine.....g	1.199		0		1		1.679	1.019	
Tyrosine.....g	0.914		0		1		1.280	0.777	
Valine.....g	1.463		0		1		2.048	1.244	
Arginine.....g	1.561		0		1		2.185	1.327	
Histidine.....g	0.610		0		1		0.854	0.519	
Alanine.....g	1.597		0		1		2.236	1.357	
Aspartic acid.....g	2.386		0		1		3.340	2.028	
Glutamic acid.....g	3.032		0		1		4.245	2.577	
Glycine.....g	1.609		0		1		2.253	1.368	
Proline.....g	1.573		0		1		2.202	1.337	
Serine.....g	1.345		0		1		1.883	1.143	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10106

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.070		0		1		0.303	2.493	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		2		1		0.026	0.210	
17:1.....g									
18:1 undifferentiated.....g	0.970		2		1		0.275	2.260	
20:1.....g	0.020		1		1		0.006	0.047	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.074	0.606	
18:2 undifferentiated.....g	0.170		2		1		0.048	0.396	
18:3 undifferentiated.....g	0.010		1		1		0.003	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		1		1		0.023	0.186	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	319	18.568	30		1		90	743	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.213		5		1		0.060	0.496	
Threonine.....g	0.682		8		1		0.193	1.589	
Isoleucine.....g	0.879		6		1		0.249	2.048	
Leucine.....g	1.477		6		1		0.419	3.441	
Lysine.....g	1.185		6		1		0.336	2.761	
Methionine.....g	0.353		6		1		0.100	0.822	
Cystine.....g	0.361		1		1		0.102	0.841	
Phenylalanine.....g	0.777		6		1		0.220	1.810	
Tyrosine.....g	0.592		2		1		0.168	1.379	
Valine.....g	0.948		6		1		0.269	2.209	
Arginine.....g	1.011		5		1		0.287	2.356	
Histidine.....g	0.395		5		1		0.112	0.920	
Alanine.....g	1.035		1		1		0.293	2.412	
Aspartic acid.....g	1.546		2		1		0.438	3.602	
Glutamic acid.....g	1.964		2		1		0.557	4.576	
Glycine.....g	1.043		2		1		0.296	2.430	
Proline.....g	1.019		1		1		0.289	2.374	
Serine.....g	0.872		1		1		0.247	2.032	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 233g: 1 kidney

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10109
Pork, fresh, variety meats and by-products, leaf fat, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.220		0		1		10.552	42.059	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.970	0.116	22		1		0.558	2.226	
17:1.....g									
18:1 undifferentiated.....g	35.250	0.301	22		1		9.993	39.833	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.280		0		1		2.064	8.226	
18:2 undifferentiated.....g	6.340	0.269	22		1		1.797	7.164	
18:3 undifferentiated.....g	0.940	0.029	21		1		0.266	1.062	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	110		0		1		31	124	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.006		1		1		0.002	0.007	
Threonine.....g	0.058		1		1		0.016	0.066	
Isoleucine.....g	0.046		1		1		0.013	0.052	
Leucine.....g	0.123		1		1		0.035	0.139	
Lysine.....g	0.146		1		1		0.041	0.165	
Methionine.....g	0.026		1		1		0.007	0.029	
Cystine.....g	0.015		1		1		0.004	0.017	
Phenylalanine.....g	0.066		1		1		0.019	0.075	
Tyrosine.....g	0.029		1		1		0.008	0.033	
Valine.....g	0.084		1		1		0.024	0.095	
Arginine.....g	0.182		1		1		0.052	0.206	
Histidine.....g	0.020		1		1		0.006	0.023	
Alanine.....g	0.104		0		4		0.029	0.118	
Aspartic acid.....g	0.163		0		4		0.046	0.184	
Glutamic acid.....g	0.273		0		4		0.077	0.308	
Glycine.....g	0.080		0		4		0.023	0.090	
Proline.....g	0.067		0		4		0.019	0.076	
Serine.....g	0.072		0		4		0.020	0.081	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10111

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.630		0		1		2.230	0.536	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.106	0.026	
17:1.....g									
18:1 undifferentiated.....g	0.560		0		1		1.982	0.476	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.040		0		1		0.142	0.034	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0		1		3.717	0.893	
18:2 undifferentiated.....g	0.420		0		1		1.487	0.357	
18:3 undifferentiated.....g	0.040		0		1		0.142	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.530		0		1		1.876	0.451	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.142	0.034	
22:6 n-3.....g	0.030		0		1		0.106	0.026	
Fatty acids, total trans.....g									
Cholesterol.....mg	355		0		1		1257	302	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.366		7		1		1.296	0.311	
Threonine.....g	1.107		15		1		3.919	0.941	
Isoleucine.....g	1.320		13		1		4.673	1.122	
Leucine.....g	2.319		13		1		8.209	1.971	
Lysine.....g	2.007		13		1		7.105	1.706	
Methionine.....g	0.645		14		1		2.283	0.548	
Cystine.....g	0.491		1		1		1.738	0.417	
Phenylalanine.....g	1.274		13		1		4.510	1.083	
Tyrosine.....g	0.887		6		1		3.140	0.754	
Valine.....g	1.607		13		1		5.689	1.366	
Arginine.....g	1.603		13		1		5.675	1.363	
Histidine.....g	0.708		13		1		2.506	0.602	
Alanine.....g	1.553		6		1		5.498	1.320	
Aspartic acid.....g	2.356		8		1		8.340	2.003	
Glutamic acid.....g	3.385		8		1		11.983	2.877	
Glycine.....g	1.507		8		1		5.335	1.281	
Proline.....g	1.395		6		1		4.938	1.186	
Serine.....g	1.407		6		1		4.981	1.196	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 354g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10110
Pork, fresh, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.520		0		1		0.147	0.588	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030	0.002	43		1		0.009	0.034	
17:1.....g									
18:1 undifferentiated.....g	0.460	0.021	59		1		0.130	0.520	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		1		0.247	0.983	
18:2 undifferentiated.....g	0.350	0.013	59		1		0.099	0.396	
18:3 undifferentiated.....g	0.030		2		1		0.009	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.440	0.021	57		1		0.125	0.497	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		1		1		0.009	0.034	
22:6 n-3.....g	0.020		1		1		0.006	0.023	
Fatty acids, total trans.....g									
Cholesterol.....mg	301	5.687	109		1		85	340	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.301		7		1		0.085	0.340	
Threonine.....g	0.910		15		1		0.258	1.028	
Isoleucine.....g	1.085		13		1		0.308	1.226	
Leucine.....g	1.906		13		1		0.540	2.154	
Lysine.....g	1.649		13		1		0.467	1.863	
Methionine.....g	0.530		14		1		0.150	0.599	
Cystine.....g	0.404		1		1		0.115	0.457	
Phenylalanine.....g	1.047		13		1		0.297	1.183	
Tyrosine.....g	0.729		6		1		0.207	0.824	
Valine.....g	1.321		13		1		0.375	1.493	
Arginine.....g	1.317		13		1		0.373	1.488	
Histidine.....g	0.582		13		1		0.165	0.658	
Alanine.....g	1.276		6		1		0.362	1.442	
Aspartic acid.....g	1.937		8		1		0.549	2.189	
Glutamic acid.....g	2.782		8		1		0.789	3.144	
Glycine.....g	1.239		8		1		0.351	1.400	
Proline.....g	1.146		6		1		0.325	1.295	
Serine.....g	1.157		6		1		0.328	1.307	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.00	0.635	3		1		240.00	68.00	
Energy.....kcal	99		0	NC	4		297	84	
Energy.....kj	414				4		1243	352	
Protein (N x 6.25).....g	16.60	0.577	3		1		49.80	14.11	
Total lipid (fat).....g	3.10	0.173	3		1		9.30	2.64	
Ash.....g	0.90	0.023	3		1		2.70	0.77	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0		1		24	7	
Iron, Fe.....mg	16.41		0		1		49.23	13.95	
Magnesium, Mg.....mg	12		0		1		36	10	
Phosphorus, P.....mg	186		0		1		558	158	
Potassium, K.....mg	151		0		1		453	128	
Sodium, Na.....mg	81		0		1		243	69	
Zinc, Zn.....mg	2.45		0		1		7.35	2.08	
Copper, Cu.....mg	0.080		0		4		0.240	0.068	
Manganese, Mn.....mg	0.015		0		4		0.045	0.013	
Selenium, Se.....mcg	23.4		0	BFYN	4		70.2	19.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.9		0		1		23.7	6.7	
Thiamin.....mg	0.079		0		1		0.237	0.067	
Riboflavin.....mg	0.322		0		1		0.966	0.274	
Niacin.....mg	1.364		0		1		4.092	1.159	
Pantothenic acid.....mg	0.663		0		1		1.989	0.564	
Vitamin B-6.....mg	0.080		0		1		0.240	0.068	
Folate, total.....mcg	2		0		4		6	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		6	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		6	2	
Vitamin B-12.....mcg	2.03		0		1		6.09	1.73	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.090		0		1		3.270	0.927	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.030		0		1		0.090		

NDB No. 10113

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.700		0		1		2.100	0.595	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.180	0.051	
17:1.....g									
18:1 undifferentiated.....g	0.630		0		1		1.890	0.536	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		1.140	0.323	
18:2 undifferentiated.....g	0.130		0		1		0.390	0.111	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.600	0.170	
20:5 n-3.....g	0.010		0		1		0.030	0.009	
22:5 n-3.....g	0.030		0		1		0.090	0.026	
22:6 n-3.....g	0.010		0		1		0.030	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	387		0		1		1161	329	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.146		2		1		0.438	0.124	
Threonine.....g	0.584		3		1		1.752	0.496	
Isoleucine.....g	0.664		3		1		1.992	0.564	
Leucine.....g	1.288		3		1		3.864	1.095	
Lysine.....g	1.211		3		1		3.633	1.029	
Methionine.....g	0.268		3		1		0.804	0.228	
Cystine.....g	0.261		0		4		0.783	0.222	
Phenylalanine.....g	0.691		3		1		2.073	0.587	
Tyrosine.....g	0.470		0		4		1.410	0.400	
Valine.....g	0.988		3		1		2.964	0.840	
Arginine.....g	0.863		3		1		2.589	0.734	
Histidine.....g	0.420		3		1		1.260	0.357	
Alanine.....g	1.049		0		4		3.147	0.892	
Aspartic acid.....g	1.493		1		1		4.479	1.269	
Glutamic acid.....g	1.726		1		1		5.178	1.467	
Glycine.....g	1.211		1		1		3.633	1.029	
Proline.....g	1.062		0		4		3.186	0.903	
Serine.....g	0.732		0		4		2.196	0.622	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 300g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10112
Pork, fresh, variety meats and by-products, lungs, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.610		0		1		0.173	2.767	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050	0.009	4		1		0.014	0.227	
17:1.....g									
18:1 undifferentiated.....g	0.560	0.090	4		1		0.159	2.540	
20:1.....g	0.010	0.001	4		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0		1		0.096	1.542	
18:2 undifferentiated.....g	0.120	0.018	4		1		0.034	0.544	
18:3 undifferentiated.....g	0.000	0.001	4		1		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.180	0.032	4		1		0.051	0.816	
20:5 n-3.....g	0.010		1		1		0.003	0.045	
22:5 n-3.....g	0.030		1		1		0.009	0.136	
22:6 n-3.....g	0.010		1		1		0.003	0.045	
Fatty acids, total trans.....g									
Cholesterol.....mg	320	20.546	28		1		91	1452	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.124		2		1		0.035	0.562	
Threonine.....g	0.496		3		1		0.141	2.250	
Isoleucine.....g	0.563		3		1		0.160	2.554	
Leucine.....g	1.093		3		1		0.310	4.958	
Lysine.....g	1.027		3		1		0.291	4.658	
Methionine.....g	0.228		3		1		0.065	1.034	
Cystine.....g	0.221		0		4		0.063	1.002	
Phenylalanine.....g	0.586		3		1		0.166	2.658	
Tyrosine.....g	0.398		0		4		0.113	1.805	
Valine.....g	0.838		3		1		0.238	3.801	
Arginine.....g	0.732		3		1		0.208	3.320	
Histidine.....g	0.356		3		1		0.101	1.615	
Alanine.....g	0.890		0		4		0.252	4.037	
Aspartic acid.....g	1.266		1		1		0.359	5.743	
Glutamic acid.....g	1.464		1		1		0.415	6.641	
Glycine.....g	1.027		1		1		0.291	4.658	
Proline.....g	0.901		0		4		0.255	4.087	
Serine.....g	0.621		0		4		0.176	2.817	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10114

Pork, fresh, variety meats and by-products, mechanically separated, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.87	0.943	9		1		16.12	257.96	
Energy.....kcal	304		0	NC	4		86	1379	
Energy.....kj	1272				4		361	5770	
Protein (N x 6.25).....g	15.03	0.284	9		1		4.26	68.18	
Total lipid (fat).....g	26.54	0.637	16		1		7.52	120.39	
Ash.....g	1.56	0.112	9		1		0.44	7.08	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	315	22.889	23		1		89	1429	
Iron, Fe.....mg	4.25		2		1		1.20	19.28	
Magnesium, Mg.....mg	16		0		4		5	73	
Phosphorus, P.....mg	200		1		1		57	907	
Potassium, K.....mg	298		0		4		84	1352	
Sodium, Na.....mg	50		0		4		14	227	
Zinc, Zn.....mg	2.44	0.073	7		1		0.69	11.07	
Copper, Cu.....mg	0.082	0.000	8		1		0.023	0.372	
Manganese, Mn.....mg	0.011		0		4		0.003	0.050	
Selenium, Se.....mcg	32.9		0	BFZN	4		9.3	149.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0		4		0.2	3.2	
Thiamin.....mg	0.697		0		4		0.198	3.162	
Riboflavin.....mg	0.201		0		4		0.057	0.912	
Niacin.....mg	3.171		0		4		0.899	14.384	
Pantothenic acid.....mg	0.590		0		4		0.167	2.676	
Vitamin B-6.....mg	0.370		0		4		0.105	1.678	
Folate, total.....mcg	3		0		4		1	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		1	14	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	14	
Vitamin B-12.....mcg	0.58		0		4		0.16	2.63	
Vitamin A, IU.....IU	10		0		4		3	45	
Vitamin A, RAE.....mcg_RAE	3		0		4		1	14	
Retinol.....mcg	3		0		4		1	14	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	9.820		0		1		2.784	44.544	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.220		2		1		0.062	0.998	
15:0.....g									
16:0.....g	6.130		2		1		1.738	27.806	
17:0.....g									
18:0.....g	3.370		2		1		0.955	15.286	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 10114

Pork, fresh, variety meats and by-products, mechanically separated, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.260		0		1		3.476	55.611	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		2		1		0.125	1.996	
17:1.....g									
18:1 undifferentiated.....g	11.410		2		1		3.235	51.756	
20:1.....g	0.320		1		1		0.091	1.452	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.440		0		1		0.692	11.068	
18:2 undifferentiated.....g	2.140		2		1		0.607	9.707	
18:3 undifferentiated.....g	0.160		2		1		0.045	0.726	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		1		1		0.014	0.227	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	77	11.227	6		1		22	349	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.202		0		4		0.057	0.916	
Threonine.....g	0.617		0		1		0.175	2.799	
Isoleucine.....g	0.689		0		1		0.195	3.125	
Leucine.....g	1.099		0		1		0.312	4.985	
Lysine.....g	1.180		0		1		0.335	5.352	
Methionine.....g	0.313		0		1		0.089	1.420	
Cystine.....g	0.169		0		1		0.048	0.767	
Phenylalanine.....g	0.648		0		1		0.184	2.939	
Tyrosine.....g	0.518		0		1		0.147	2.350	
Valine.....g	0.913		0		1		0.259	4.141	
Arginine.....g	1.074		0		1		0.304	4.872	
Histidine.....g	0.540		0		1		0.153	2.449	
Alanine.....g	0.874		0		1		0.248	3.964	
Aspartic acid.....g	1.152		0		1		0.327	5.225	
Glutamic acid.....g	1.983		0		1		0.562	8.995	
Glycine.....g	0.862		0		1		0.244	3.910	
Proline.....g	0.718		0		1		0.204	3.257	
Serine.....g	0.600		0		1		0.170	2.722	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10116
Pork, fresh, variety meats and by-products, pancreas, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	3.750		0		4		9.188	3.188	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		4		1.593	0.553	
17:1.....g									
18:1 undifferentiated.....g	3.110		0		4		7.620	2.644	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.030		0		4		4.974	1.726	
18:2 undifferentiated.....g	1.180		0		4		2.891	1.003	
18:3 undifferentiated.....g	0.080		0		4		0.196	0.068	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.470		0		4		1.152	0.400	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	315		0		1		772	268	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.625		0		1		1.531	0.531	
Threonine.....g	1.281		0		1		3.138	1.089	
Isoleucine.....g	1.496		0		1		3.665	1.272	
Leucine.....g	2.130		0		1		5.219	1.811	
Lysine.....g	1.965		0		1		4.814	1.670	
Methionine.....g	0.470		0		1		1.152	0.400	
Cystine.....g	0.365		0		4		0.894	0.310	
Phenylalanine.....g	1.222		0		1		2.994	1.039	
Tyrosine.....g	1.195		0		1		2.928	1.016	
Valine.....g	1.537		0		1		3.766	1.306	
Arginine.....g	1.642		0		1		4.023	1.396	
Histidine.....g	0.552		0		1		1.352	0.469	
Alanine.....g	1.459		0		4		3.575	1.240	
Aspartic acid.....g	2.736		0		1		6.703	2.326	
Glutamic acid.....g	2.348		0		1		5.753	1.996	
Glycine.....g	1.737		0		1		4.256	1.476	
Proline.....g	1.459		0		4		3.575	1.240	
Serine.....g	1.140		0		4		2.793	0.969	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 245g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food					
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code						
Proximates:										
Water.....g	67.18	0.831	5		1			19.05	75.91	
Energy.....kcal	199		0	NC	4			56	225	
Energy.....kj	833				4			236	941	
Protein (N x 6.25).....g	18.56	1.008	5		1			5.26	20.97	
Total lipid (fat).....g	13.24	1.007	5		1			3.75	14.96	
Ash.....g	1.12	0.091	3		1			0.32	1.27	
Carbohydrate, by difference.....g	0.00		0	Z	7			0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7			0.0	0.0	
Sugars, total.....g										
Starch.....g										
Minerals:										
Calcium, Ca.....mg	11		1		1			3	12	
Iron, Fe.....mg	2.13	0.384	4		1			0.60	2.41	
Magnesium, Mg.....mg	17		1		1			5	19	
Phosphorus, P.....mg	234		1		1			66	264	
Potassium, K.....mg	197		2		1			56	223	
Sodium, Na.....mg	44		2		1			12	50	
Zinc, Zn.....mg	2.62	0.156	26		1			0.74	2.96	
Copper, Cu.....mg	0.090		1		1			0.026	0.102	
Manganese, Mn.....mg	0.157	0.006	5		1			0.045	0.177	
Selenium, Se.....mcg	40.8		0	BFNN	4			11.6	46.1	
Vitamins:										
Vitamin C, total ascorbic acid.....mg	15.3	0.671	5		1			4.3	17.3	
Thiamin.....mg	0.105		2		1			0.030	0.119	
Riboflavin.....mg	0.460		2		1			0.130	0.520	
Niacin.....mg	3.450		2		1			0.978	3.899	
Pantothenic acid.....mg	4.555		2		1			1.291	5.147	
Vitamin B-6.....mg	0.460		0		4			0.130	0.520	
Folate, total.....mcg	3		0		4			1	3	
Folic acid.....mcg	0		0	Z	7			0	0	
Folate, food.....mcg	3		0		4			1	3	
Folate, DFE.....mcg_DFE	3		0	NC	4			1	3	
Vitamin B-12.....mcg	16.40		2		1			4.65	18.53	
Vitamin A, IU.....IU	0		3		1			0	0	
Vitamin A, RAE.....mcg_RAE	0	0.000	3		1			0	0	
Retinol.....mcg	0	0.000	3		1			0	0	
Vitamin E (alpha-tocopherol).....mg										
Tocopherol, beta.....mg										
Tocopherol, gamma.....mg										
Tocopherol, delta.....mg										
Vitamin D.....IU										
Vitamin K (phylloquinone).....mcg										
Lipids:										
Fatty acids, total saturated.....g	4.580		0		4			1.298	5.175	
4:0.....g	0.000		0		4			0.000	0.000	
6:0.....g	0.000		0		4			0.000	0.000	
8:0.....g	0.000		0		4			0.000	0.000	
10:0.....g	0.000		0		4</					

NDB No. 10115

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.600		0		4		1.304	5.198	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.790		0		4		0.224	0.893	
17:1.....g									
18:1 undifferentiated.....g	3.810		0		4		1.080	4.305	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.480		0		4		0.703	2.802	
18:2 undifferentiated.....g	1.450		0		4		0.411	1.639	
18:3 undifferentiated.....g	0.090		0		4		0.026	0.102	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.570		0		4		0.162	0.644	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	193	10.043	6		1		55	218	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.407		2		1		0.115	0.460	
Threonine.....g	0.835		4		1		0.237	0.944	
Isoleucine.....g	0.974		4		1		0.276	1.101	
Leucine.....g	1.387		4		1		0.393	1.567	
Lysine.....g	1.280		4		1		0.363	1.446	
Methionine.....g	0.306		3		1		0.087	0.346	
Cystine.....g	0.238		0		4		0.067	0.269	
Phenylalanine.....g	0.796		4		1		0.226	0.899	
Tyrosine.....g	0.778		1		1		0.221	0.879	
Valine.....g	1.001		4		1		0.284	1.131	
Arginine.....g	1.069		4		1		0.303	1.208	
Histidine.....g	0.359		4		1		0.102	0.406	
Alanine.....g	0.950		0		4		0.269	1.074	
Aspartic acid.....g	1.782		1		1		0.505	2.014	
Glutamic acid.....g	1.530		2		1		0.434	1.729	
Glycine.....g	1.132		1		1		0.321	1.279	
Proline.....g	0.950		0		4		0.269	1.074	
Serine.....g	0.742		0		4		0.210	0.838	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.70	0.981	3		1		199.43	56.70	
Energy.....kcal	149		0	NC	4		446	127	
Energy.....kj	623				4		1864	530	
Protein (N x 6.25).....g	28.20	0.981	3		1		84.32	23.97	
Total lipid (fat).....g	3.20	0.058	3		1		9.57	2.72	
Ash.....g	1.70	0.023	3		1		5.08	1.45	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0		1		39	11	
Iron, Fe.....mg	22.23		0		1		66.47	18.90	
Magnesium, Mg.....mg	15		0		4		45	13	
Phosphorus, P.....mg	283		0		1		846	241	
Potassium, K.....mg	227		0		1		679	193	
Sodium, Na.....mg	107		0		4		320	91	
Zinc, Zn.....mg	3.54		0		1		10.58	3.01	
Copper, Cu.....mg	0.133		0		1		0.398	0.113	
Manganese, Mn.....mg	0.045		0		1		0.135	0.038	
Selenium, Se.....mcg	49.6		0	BFYN	4		148.3	42.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.6		0		1		34.7	9.9	
Thiamin.....mg	0.139		0		1		0.416	0.118	
Riboflavin.....mg	0.258		0		1		0.771	0.219	
Niacin.....mg	5.938		0		1		17.755	5.047	
Pantothenic acid.....mg	0.892		0		1		2.667	0.758	
Vitamin B-6.....mg	0.060		0		1		0.179	0.051	
Folate, total.....mcg	4		0		4		12	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		12	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		12	3	
Vitamin B-12.....mcg	2.76		0		1		8.25	2.35	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.060		0		1		3.169	0.901	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.010		0		1		0.030	0.009	
13:0.....g									
14:0.....g	0.070		0		1				

NDB No. 10118
Pork, fresh, variety meats and by-products, spleen, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.860		0		1		2.571	0.731	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		1		0.359	0.102	
17:1.....g									
18:1 undifferentiated.....g	0.730		0		1		2.183	0.621	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0		1		0.688	0.196	
18:2 undifferentiated.....g	0.230		0		1		0.688	0.196	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	504		0		1		1507	428	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.289		0		1		0.864	0.246	
Threonine.....g	1.128		0		1		3.373	0.959	
Isoleucine.....g	1.259		0		1		3.764	1.070	
Leucine.....g	2.306		0		1		6.895	1.960	
Lysine.....g	2.107		0		1		6.300	1.791	
Methionine.....g	0.523		0		1		1.564	0.445	
Cystine.....g	0.361		0		4		1.079	0.307	
Phenylalanine.....g	1.205		0		1		3.603	1.024	
Tyrosine.....g	0.790		0		1		2.362	0.672	
Valine.....g	1.534		0		1		4.587	1.304	
Arginine.....g	1.539		0		1		4.602	1.308	
Histidine.....g	0.672		0		1		2.009	0.571	
Alanine.....g	1.822		0		4		5.448	1.549	
Aspartic acid.....g	2.482		0		1		7.421	2.110	
Glutamic acid.....g	3.240		0		1		9.688	2.754	
Glycine.....g	1.805		0		1		5.397	1.534	
Proline.....g	1.571		0		4		4.697	1.335	
Serine.....g	1.232		0		4		3.684	1.047	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 299g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10117
Pork, fresh, variety meats and by-products, spleen, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.690		0		1		0.196	0.780	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.028	0.113	
17:1.....g									
18:1 undifferentiated.....g	0.590		1		1		0.167	0.667	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0		1		0.054	0.215	
18:2 undifferentiated.....g	0.190		1		1		0.054	0.215	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	363	32.912	8		1		103	410	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.183		3		1		0.052	0.207	
Threonine.....g	0.714		4		1		0.202	0.807	
Isoleucine.....g	0.797		4		1		0.226	0.901	
Leucine.....g	1.460		4		1		0.414	1.650	
Lysine.....g	1.334		4		1		0.378	1.507	
Methionine.....g	0.331		4		1		0.094	0.374	
Cystine.....g	0.229		0		4		0.065	0.259	
Phenylalanine.....g	0.763		4		1		0.216	0.862	
Tyrosine.....g	0.500		1		1		0.142	0.565	
Valine.....g	0.971		4		1		0.275	1.097	
Arginine.....g	0.974		3		1		0.276	1.101	
Histidine.....g	0.426		3		1		0.121	0.481	
Alanine.....g	1.154		0		4		0.327	1.304	
Aspartic acid.....g	1.571		1		1		0.445	1.775	
Glutamic acid.....g	2.051		1		1		0.581	2.318	
Glycine.....g	1.143		1		1		0.324	1.292	
Proline.....g	0.995		0		4		0.282	1.124	
Serine.....g	0.780		0		4		0.221	0.881	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	70.72		1	A	1				
Energy.....kcal	157		0	NC	4				
Energy.....kj	658		0	NC	4				
Protein (N x 6.25).....g	21.40		1	A	1				
Total lipid (fat).....g	7.26		1	A	1				
Ash.....g	0.52		1	A	1				
Carbohydrate, by difference.....g	0.09		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		1	A	1				
Iron, Fe.....mg	1.23		1	A	1				
Magnesium, Mg.....mg	15		1	A	1				
Phosphorus, P.....mg	129		1	A	1				
Potassium, K.....mg	85		1	A	1				
Sodium, Na.....mg	40		1	A	1				
Zinc, Zn.....mg	2.92		1	A	1				
Copper, Cu.....mg	0.239		1	A	1				
Manganese, Mn.....mg	0.071		1	A	1				
Selenium, Se.....mcg	40.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.040		1	A	1				
Riboflavin.....mg	0.188		1	A	1				
Niacin.....mg	1.380		1	A	1				
Pantothenic acid.....mg	0.566		1	A	1				
Vitamin B-6.....mg	0.021		1	A	1				
Folate, total.....mcg	3		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	3		1	A	1				
Folate, DFE.....mcg_DFE	3		0	NC	4				
Vitamin B-12.....mcg	0.48		1	A	1				
Vitamin A, IU.....IU	0		0	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.09		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.02		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	2.990		1	A	1				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.085		1	A	1				
15:0.....g	0.000		1	A	1				
16:0.....g	1.548		1	A	1				
17:0.....g	0.022		1	A	1				
18:0.....g	1.304								

NDB No. 10863

Pork, fresh, variety meats and by-products, stomach, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	2.126		1	A	1		
14:1.....g	0.000		1	A	1		
15:1.....g	0.000		1	A	1		
16:1 undifferentiated.....g	0.094		1	A	1		
17:1.....g							
18:1 undifferentiated.....g	1.991		1	A	1		
20:1.....g	0.041		1	A	1		
22:1 undifferentiated.....g	0.000		0	Z	7		
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.738		1	A	1		
18:2 undifferentiated.....g	0.547		1	A	1		
18:3 undifferentiated.....g	0.016		0	AS	1		
18:3 n-6 c,c,c.....g	0.000		1	A	1		
18:3i.....g							
18:4.....g	0.000		0	Z	7		
20:2 n-6 c,c.....g	0.029		1	A	1		
20:3 undifferentiated.....g	0.000		1	A	1		
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.146		1	A	1		
20:4 n-3.....g							
20:4 n-6.....g							
20:5 n-3.....g	0.000		0	Z	7		
22:5 n-3.....g	0.000		0	Z	7		
22:6 n-3.....g	0.000		0	Z	7		
Fatty acids, total trans.....g	0.110		1	A	1		
Cholesterol.....mg	316		1	A	1		
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	Z	7		
Caffeine.....mg	0		0	Z	7		
Theobromine.....mg	0		0	Z	7		
Carotenoids:							
Carotene, beta.....mcg	0		1	A	1		
Carotene, alpha.....mcg	0		1	A	1		
Cryptoxanthin, beta.....mcg	0		1	A	1		
Lycopene.....mcg	0		1	A	1		
Lutein + zeaxanthin.....mcg	0		0	Z	7		

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.50		1	A	1		20.84	83.05	
Energy.....kcal	163		0	NC	4		46	185	
Energy.....kj	684		0	NC	4		194	773	
Protein (N x 6.25).....g	16.85		1	A	1		4.78	19.04	
Total lipid (fat).....g	10.14		1	A	1		2.88	11.46	
Ash.....g	0.63		1	A	1		0.18	0.71	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	A	1		3	12	
Iron, Fe.....mg	1.01		1	A	1		0.29	1.14	
Magnesium, Mg.....mg	11		1	A	1		3	13	
Phosphorus, P.....mg	130		1	A	1		37	147	
Potassium, K.....mg	140		1	A	1		40	158	
Sodium, Na.....mg	75		1	A	1		21	84	
Zinc, Zn.....mg	1.85		1	A	1		0.52	2.09	
Copper, Cu.....mg	0.169		1	A	1		0.048	0.191	
Manganese, Mn.....mg	0.038		1	A	1		0.011	0.043	
Selenium, Se.....mcg	31.1		1	A	1		8.8	35.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.051		1	A	1		0.015	0.058	
Riboflavin.....mg	0.201		1	A	1		0.057	0.227	
Niacin.....mg	2.480		1	A	1		0.703	2.802	
Pantothenic acid.....mg	1.220		1	A	1		0.346	1.379	
Vitamin B-6.....mg	0.034		1	A	1		0.010	0.039	
Folate, total.....mcg	3		1	A	1		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1	A	1		1	3	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	3	
Vitamin B-12.....mcg	0.30		1	A	1		0.09	0.34	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.04		2	A	1		0.01	0.05	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.025		1	A	1		1.141	4.548	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									

NDB No. 10119

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	3.590		1	A	1		1.018	4.057	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.202		1	A	1		0.057	0.228	
17:1.....g									
18:1 undifferentiated.....g	3.320		1	A	1		0.941	3.752	
20:1.....g	0.068		1	A	1		0.019	0.077	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.892		1	A	1		0.253	1.008	
18:2 undifferentiated.....g	0.724		1	A	1		0.205	0.818	
18:3 undifferentiated.....g	0.021		0	AS	1		0.006	0.024	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.037		1	A	1		0.010	0.042	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.110		1	A	1		0.031	0.124	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.130		1	A	1		0.037	0.147	
Cholesterol.....mg	223		1	A	1		63	252	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10175

Pork, fresh, variety meats and by-products, tail, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.890		0		1		46.448	14.357	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.310		0		1		3.603	1.114	
17:1.....g									
18:1 undifferentiated.....g	15.580		0		1		42.845	13.243	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.940		0		1		10.835	3.349	
18:2 undifferentiated.....g	3.410		0		1		9.378	2.899	
18:3 undifferentiated.....g	0.300		0		1		0.825	0.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.633	0.196	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	129		1		1		355	110	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.102		1		1		0.281	0.087	
Threonine.....g	0.595		1		1		1.636	0.506	
Isoleucine.....g	0.391		1		1		1.075	0.332	
Leucine.....g	0.952		1		1		2.618	0.809	
Lysine.....g	1.020		1		1		2.805	0.867	
Methionine.....g	0.306		1		1		0.842	0.260	
Cystine.....g	0.220		0		4		0.605	0.187	
Phenylalanine.....g	0.510		1		1		1.403	0.434	
Tyrosine.....g	0.340		1		1		0.935	0.289	
Valine.....g	0.510		1		1		1.403	0.434	
Arginine.....g	1.173		1		1		3.226	0.997	
Histidine.....g	0.306		1		1		0.842	0.260	
Alanine.....g	1.258		1		1		3.460	1.069	
Aspartic acid.....g	1.428		1		1		3.927	1.214	
Glutamic acid.....g	2.193		1		1		6.031	1.864	
Glycine.....g	2.261		1		1		6.218	1.922	
Proline.....g	1.428		1		1		3.927	1.214	
Serine.....g	0.731		1		1		2.010	0.621	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Measure 1 = 275g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10174

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.800		0		1		4.479	17.854	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.220		0		1		0.346	1.379	
17:1.....g									
18:1 undifferentiated.....g	14.580		0		1		4.133	16.475	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.680		0		1		1.043	4.158	
18:2 undifferentiated.....g	3.190		0		1		0.904	3.605	
18:3 undifferentiated.....g	0.280		0		1		0.079	0.316	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210		0		1		0.060	0.237	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		1		1		27	110	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.089		1		1		0.025	0.101	
Threonine.....g	0.550		1		1		0.156	0.622	
Isoleucine.....g	0.408		1		1		0.116	0.461	
Leucine.....g	0.905		1		1		0.257	1.023	
Lysine.....g	1.012		1		1		0.287	1.144	
Methionine.....g	0.320		1		1		0.091	0.362	
Cystine.....g	0.230		0		4		0.065	0.260	
Phenylalanine.....g	0.479		1		1		0.136	0.541	
Tyrosine.....g	0.320		1		1		0.091	0.362	
Valine.....g	0.515		1		1		0.146	0.582	
Arginine.....g	1.189		1		1		0.337	1.344	
Histidine.....g	0.302		1		1		0.086	0.341	
Alanine.....g	1.278		1		1		0.362	1.444	
Aspartic acid.....g	1.384		1		1		0.392	1.564	
Glutamic acid.....g	2.130		1		1		0.604	2.407	
Glycine.....g	2.361		1		1		0.669	2.668	
Proline.....g	1.509		1		1		0.428	1.705	
Serine.....g	0.692		1		1		0.196	0.782	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10122

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.759		0		1		20.233	7.445	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.700		0		1		1.617	0.595	
17:1.....g									
18:1 undifferentiated.....g	7.889		0		1		18.224	6.706	
20:1.....g	0.170		0		1		0.393	0.145	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.930		0		1		4.458	1.641	
18:2 undifferentiated.....g	1.840		0		1		4.250	1.564	
18:3 undifferentiated.....g	0.090		0		1		0.208	0.077	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	146		0		1		337	124	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.278		0		1		0.642	0.236	
Threonine.....g	1.018		0		1		2.352	0.865	
Isoleucine.....g	1.099		0		1		2.539	0.934	
Leucine.....g	1.932		0		1		4.463	1.642	
Lysine.....g	1.970		0		1		4.551	1.675	
Methionine.....g	0.540		0		1		1.247	0.459	
Cystine.....g									
Phenylalanine.....g	0.999		0		1		2.308	0.849	
Tyrosine.....g									
Valine.....g	1.253		0		1		2.894	1.065	
Arginine.....g	1.488		0		1		3.437	1.265	
Histidine.....g	0.605		0		1		1.398	0.514	
Alanine.....g									
Aspartic acid.....g	2.240		0		1		5.174	1.904	
Glutamic acid.....g	3.035		0		1		7.011	2.580	
Glycine.....g	1.781		0		1		4.114	1.514	
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

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Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10121
Pork, fresh, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.130		0		1		2.305	9.187	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.640	0.113	3		1		0.181	0.723	
17:1.....g									
18:1 undifferentiated.....g	7.300	0.316	3		1		2.070	8.249	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.780		0		1		0.505	2.011	
18:2 undifferentiated.....g	1.700	0.277	3		1		0.482	1.921	
18:3 undifferentiated.....g	0.080		2		1		0.023	0.090	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	101		1		1		29	114	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.188		1		1		0.053	0.212	
Threonine.....g	0.689		2		1		0.195	0.779	
Isoleucine.....g	0.743		2		1		0.211	0.840	
Leucine.....g	1.307		2		1		0.371	1.477	
Lysine.....g	1.333		2		1		0.378	1.506	
Methionine.....g	0.365		2		1		0.103	0.412	
Cystine.....g	0.235		0		4		0.067	0.266	
Phenylalanine.....g	0.675		2		1		0.191	0.763	
Tyrosine.....g	0.496		0		4		0.141	0.560	
Valine.....g	0.848		2		1		0.240	0.958	
Arginine.....g	1.007		2		1		0.285	1.138	
Histidine.....g	0.409		2		1		0.116	0.462	
Alanine.....g	0.861		0		4		0.244	0.973	
Aspartic acid.....g	1.515		1		1		0.430	1.712	
Glutamic acid.....g	2.052		1		1		0.582	2.319	
Glycine.....g	1.205		1		1		0.342	1.362	
Proline.....g	0.861		0		4		0.244	0.973	
Serine.....g	0.678		0		4		0.192	0.766	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

[illegible]

NDB No. 43297
Pork, oriental style, dehydrated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	28.555				4		6.282		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.963				4		0.432		
17:1.....g									
18:1 undifferentiated.....g	26.581				4		5.848		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.320				4		1.610		
18:2 undifferentiated.....g	6.507				4		1.432		
18:3 undifferentiated.....g	0.813				4		0.179		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	67				4		15		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.106		0	NR	4		0.023		
Threonine.....g	0.495		0	NR	4		0.109		
Isoleucine.....g	0.593		0	NR	4		0.131		
Leucine.....g	0.985		0	NR	4		0.217		
Lysine.....g	1.049		0	NR	4		0.231		
Methionine.....g	0.281		0	NR	4		0.062		
Cystine.....g	0.141		0	NR	4		0.031		
Phenylalanine.....g	0.502		0	NR	4		0.110		
Tyrosine.....g	0.396		0	NR	4		0.087		
Valine.....g	0.673		0	NR	4		0.148		
Arginine.....g	0.819		0	NR	4		0.180		
Histidine.....g	0.476		0	NR	4		0.105		
Alanine.....g	0.809		0	NR	4		0.178		
Aspartic acid.....g	1.190		0	NR	4		0.262		
Glutamic acid.....g	1.862		0	NR	4		0.410		
Glycine.....g	0.888		0	NR	4		0.195		
Proline.....g	0.694		0	NR	4		0.153		
Serine.....g	0.481		0	NR	4		0.106		
Hydroxyproline.....g	0.207		0	BFPN	4		0.046		
<u>Others:</u>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 22g: 1 cup

NDB No. 43297
Pork, oriental style, dehydrated

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 10 Pork Products
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

USDA Commodity, pork, cured, ham, boneless, cooked, heated

	<u>Amount in 100 grams of edible portion</u>		<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units	Mean	Std. Error	Number of Data Deriv Source Confidence Points Code Code Code Measure 1 Measure 2 Measure 3		
<u>Proximates:</u>					
Water.....g	71.80		1 A 1		
Energy.....kcal	149		0 NC 4		
Energy.....kj	623			4	
Protein (N x 6.25).....g	18.84		1 A 1		
Total lipid (fat).....g	7.62		1 A 1		
Ash.....g	3.50		1 A 1		
Carbohydrate, by difference.....g	0.00		0 Z 7		
Fiber, total dietary.....g	0.0		0 Z 7		
Sugars, total.....g					
Starch.....g					
<u>Minerals:</u>					
Calcium, Ca.....mg	6		1 A 1		
Iron, Fe.....mg	0.85		1 A 1		
Magnesium, Mg.....mg	21		1 A 1		
Phosphorus, P.....mg	292		1 A 1		
Potassium, K.....mg	281		1 A 1		
Sodium, Na.....mg	1155		1 A 1		
Zinc, Zn.....mg	2.23		1 A 1		
Copper, Cu.....mg	0.114		1 A 1		
Manganese, Mn.....mg	0.047		0 BFSN 4		
Selenium, Se.....mcg	19.8		0 BFZN 4		
<u>Vitamins:</u>					
Vitamin C, total ascorbic acid.....mg	23.3		1 A 1		
Thiamin.....mg	0.530		1 A 1		
Riboflavin.....mg	0.238		1 A 1		
Niacin.....mg	3.553		1 A 1		
Pantothenic acid.....mg	0.873		1 A 1		
Vitamin B-6.....mg	0.256		1 A 1		
Folate, total.....mcg	3		0 BFSN 4		
Folic acid.....mcg	0		0 Z 7		
Folate, food.....mcg	3		0 BFSN 4		
Folate, DFE.....mcg_DFE	3		0 NC 4		
Vitamin B-12.....mcg	1.41		1 A 1		
Vitamin A, IU.....IU	0		1 A 1		
Vitamin A, RAE.....mcg_RAE	0		1 A 1		
Retinol.....mcg	0		1 A 1		
Vitamin E (alpha-tocopherol).....mg					
Tocopherol, beta.....mg					
Tocopherol, gamma.....mg					
Tocopherol, delta.....mg					
Vitamin D.....IU					
Vitamin K (phylloquinone).....mcg					
<u>Lipids:</u>					
Fatty acids, total saturated.....g	1.701		1 A 1		
4:0.....g	0.000		1 A 1		
6:0.....g	0.000		1 A 1		
8:0.....g	0.004		1 A 1		
10:0.....g	0.010		1 A 1		
12:0.....g	0.006		1 A 1		
13:0.....g					
14:0.....g	0.055		1 A 1		
15:0.....g					
16:0.....g	1.112		1 A 1		
17:0.....g					
18:0.....g	0.451		1 A 1		
20:0.....g					
22:0.....g					
24:0.....g					

NDB No. 10802

USDA Commodity, pork, cured, ham, boneless, cooked, heated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	2.864		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	2.625		1	A	1				
20:1.....g	0.046		1	A	1				
22:1 undifferentiated.....g	0.000		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.747		1	A	1				
18:2 undifferentiated.....g	0.595		1	A	1				
18:3 undifferentiated.....g	0.034		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.077		1	A	1				
20:5 n-3.....g	0.000		1	A	1				
22:5 n-3.....g	0.000		1	A	1				
22:6 n-3.....g	0.005		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	73		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

USDA Commodity, pork, cured, ham, boneless, cooked, unheated[illegible]

NDB No. 10804
USDA Commodity, pork, cured, ham, boneless, cooked, unheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.655		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.174		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	2.437		1	A	1				
20:1.....g	0.040		1	A	1				
22:1 undifferentiated.....g	0.000		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.777		1	A	1				
18:2 undifferentiated.....g	0.595		1	A	1				
18:3 undifferentiated.....g	0.029		1	A	1				
18:4.....g	0.082		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		1	A	1				
20:5 n-3.....g	0.000		1	A	1				
22:5 n-3.....g	0.011		1	A	1				
22:6 n-3.....g	0.011		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	71		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

USDA Commodity, pork, ground, fine/coarse, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.08		1	A	1				
Energy.....kcal	265		0	NC	4				
Energy.....kj	1109				4				
Protein (N x 6.25).....g	23.55		1	A	1				
Total lipid (fat).....g	18.19		1	A	1				
Ash.....g	1.19		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	A	1				
Iron, Fe.....mg	1.51		1	A	1				
Magnesium, Mg.....mg	23		1	A	1				
Phosphorus, P.....mg	231		1	A	1				
Potassium, K.....mg	311		1	A	1				
Sodium, Na.....mg	76		1	A	1				
Zinc, Zn.....mg	3.59		1	A	1				
Copper, Cu.....mg	0.131		1	A	1				
Manganese, Mn.....mg	0.010		0	BFNN	4				
Selenium, Se.....mcg	35.4		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3		1	A	1				
Thiamin.....mg	0.598		1	A	1				
Riboflavin.....mg	0.247		1	A	1				
Niacin.....mg	3.597		1	A	1				
Pantothenic acid.....mg	0.923		1	A	1				
Vitamin B-6.....mg	0.167		1	A	1				
Folate, total.....mcg	6		0	BFPN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	6		0	BFPN	4				
Folate, DFE.....mcg_DFE	6		0	NC	4				
Vitamin B-12.....mcg	2.30		1	A	1				
Vitamin A, IU.....IU	15		1	A	1				
Vitamin A, RAE.....mcg_RAE	5		1	A	1				
Retinol.....mcg	5		1	A	1				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.515		1	A	1				
4:0.....g	0.000		1	A	1				
6:0.....g	0.000		1	A	1				
8:0.....g	0.005		1	A	1				
10:0.....g	0.025		1	A	1				
12:0.....g	0.014		1	A	1				
13:0.....g									
14:0.....g	0.181		1	A	1				
15:0.....g									
16:0.....g	3.623		1	A	1				
17:0.....g									
18:0.....g	1.505		1	A	1				
20:0.....g									

NDB No. 10803

USDA Commodity, pork, ground, fine/coarse, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	9.141		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.556		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	8.435		1	A	1				
20:1.....g	0.139		1	A	1				
22:1 undifferentiated.....g	0.002		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.337		1	A	1				
18:2 undifferentiated.....g	2.034		1	A	1				
18:3 undifferentiated.....g	0.089		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		1	A	1				
20:5 n-3.....g	0.003		1	A	1				
22:5 n-3.....g	0.000		1	A	1				
22:6 n-3.....g	0.008		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 10 Pork Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 10805

USDA Commodity, pork, ground, fine/coarse, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	7.651		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.527		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	6.889		0	BFFN	4				
20:1.....g	0.130		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.548		0	BFFN	4				
18:2 undifferentiated.....g	1.354		0	BFFN	4				
18:3 undifferentiated.....g	0.057		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.065		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4				
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

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

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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)