



PREMIUM PORK



Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion.
Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Serving Size 3oz (84g)	NBDB Number*	Calories	Calories From Fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Protein	Vitamin A	Vitamin C	Calcium	Iron	
				g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV						g
Pork				g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV
Loin Chop broiled	10038	180	80	9	14	3	15	70	24	45	2	0	0	22	0	0	0	4%	
Loin Country Style ribs, roast	10206	280	190	21	33	8	39	75	26	45	2	0	0	20	0	0	0	4%	
Loin Top Loin Chop Boneless, broiled	10064	160	70	8	12	2.5	13	60	20	35	2	0	0	22	0	0	0	2%	
Loin Rib Chop, broiled	10046	190	100	11	17	4	19	55	19	45	2	0	0	21	0	0	0	4%	
Spareribs, braised	10089	330	230	25	39	9	47	100	34	80	3	0	0	24	0	0	0	8%	
Loin Tenderloin roasted	10222	120	30	3.5	5	1	6	60	20	45	2	0	0	22	0	0	0	6%	
Shoulder Blade Steak, braised	10081	220	130	15	23	6	28	80	27	50	2	0	0	21	0	0	0	8%	
Loin Top Roast Boneless, roasted	10065	160	70	7	11	2.5	12	65	22	40	2	0	0	22	0	0	0	2%	
Loin Sirloin Roast, roasted	10055	190	100	11	17	3.5	17	75	25	50	2	0	0	22	0	0	0	4%	

*USDA National Nutrient Database for Standard References, USDA, ARS

Pork provides negligible amounts of dietary fiber and sugar.