

Pork
Cooked Pork Nutrition Facts

Serving Size: 3 oz. cooked serving Fat trim: 1/8" fat trim (unless otherwise noted) Percent Daily Value (%DV) Based on a 2,000 calorie diet All products listed are not a significant source of dietary fiber, sugars, total carbohydrates, vitamin A, and vitamin C	USDA National Nutrient Database for Standard Reference Number	Calories	Calories from Fat	Total Fat: g/%DV	Saturated Fat: g/%DV	Cholesterol: mg/%DV	Sodium: mg/%DV	Protein: g	Calcium: %DV	Iron: %DV
Pork Shoulder Blade Steak - broiled	10082	220	130	14/22	5/25	80/27	60/3	22	4	6
Pork Loin Chop - broiled	10038	180	80	9/14	3/15	70/23	45/2	22	2	4
Pork Loin Rib Chop - Bone in - broiled	10046	190	100	11/17	4/20	55/18	45/2	21	2	4
Pork Loin Lib Chop - Boneless - broiled	10196	220	120	13/20	5/25	70/23	55/2	23	2	4
Pork Top Loin Roast - roasted	10065	160	70	8/12	2.5/13	70/23	40/2	22	0	4
Pork Loin Country Style Ribs - roasted	10206	280	190	22/34	8/40	80/27	45/2	20	2	6
Pork Spareribs - roasted	10940	310	240	26/40	8/40	90/30	75/3	18	0	6
Pork Loin Tenderloin - broiled	10221	170	60	7/11	2.5/13	80/27	55/2	25	0	6
Pork Sirloin (Chops or Roast) - broiled	10212	180	70	7/11	2.5/13	75/25	50/2	26	0	6
Ground Pork-95% Lean / 5% Fat - broiled	-----	140	50	5/8	2/10	70/23	55/2	22	0	8
Ground Pork-90% Lean / 10% Fat - broiled	-----	190	90	11/17	3.5/18	65/22	55/2	21	0	4
Ground Pork-85% Lean / 15% Fat - broiled	-----	230	150	16/25	6/30	75/25	50/2	20	0	6
Ground Pork-80% Lean / 20% Fat - broiled	-----	270	190	21/32	7/35	70/23	50/2	19	2	4