

Pork

Raw Pork Nutrition Facts

Serving Size: 4 oz. raw 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	10080	210	130	14/22	5/25	70/23	70/3	20	0	8
Pork Loin Chop	10036	190	90	10/15	3.5/18	80/27	60/3	22	2	4
Pork Loin Rib Chop - Bone in	10044	210	110	13/20	2.5/13	65/22	65/3	23	2	4
Pork Loin Lib Chop - Boneless	10194	240	140	16/25	6/30	70/23	50/2	23	0	4
Pork Top Loin Roast	10224	190	90	9/14	2/10	75/25	55/2	24	0	4
Pork Loin Country Style Ribs	10204	210	120	13/20	2.5/13	85/28	70/3	22	2	6
Pork Spareribs	10088	310	240	27/42	9/45	90/30	90/4	18	0	6
Pork Loin Tenderloin	10218	140	35	4/6	1.5/8	75/25	60/3	23	0	6
Pork Sirloin (Chops or Roast)	10210	160	60	7/11	2.5/13	75/25	55/2	23	0	6
Ground Pork - 95% Lean / 5% Fat	-----	150	50	6/9	2/10	75/25	60/3	23	0	6
Ground Pork - 90% Lean / 10% Fat	-----	200	100	11/17	4/20	75/25	55/2	22	0	6
Ground Pork - 85% Lean / 15% Fat	-----	240	150	17/26	6/30	75/25	55/2	21	0	6
Ground Pork - 80% Lean / 20% Fat	-----	290	200	23/35	8/40	75/25	50/2	19	0	6