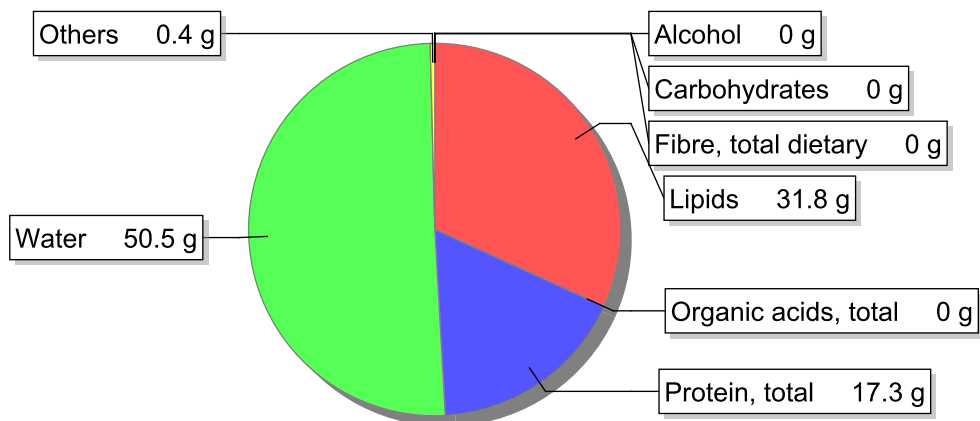


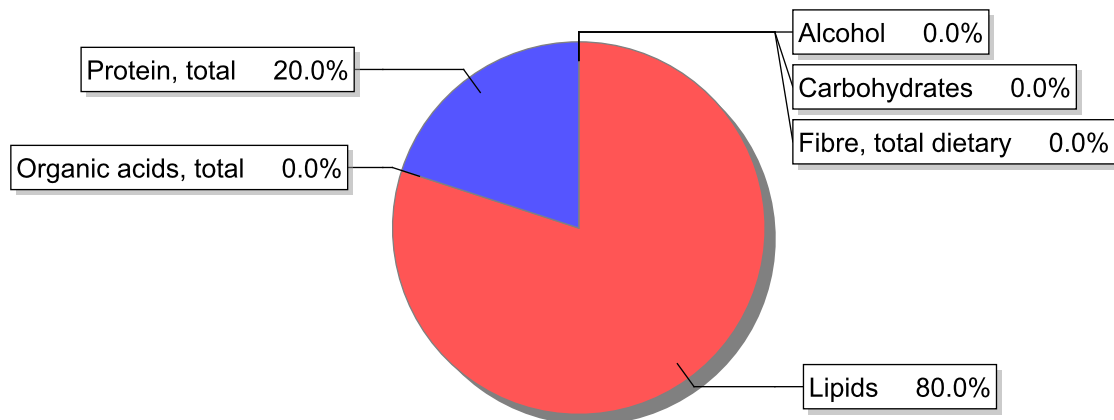
## Food

**Name:** Pork, loin chop, fat, raw  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 70%  
**Code:** IS151  
**FoodEX2 Code:** A01RG

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	355	kcal	
energy kJ, total metabolisable	1470	kJ	
fatty acids, total saturated	10.9	g	
fatty acids, total monounsaturated	10.6	g	
fatty acids, total polyunsaturated	5.2	g	
fatty acid 18:2 n-6 cis,cis	4.5	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
fibre, total dietary	0	g	
protein, total	17.3	g	58
alcohol	0	g	
water	50.5	g	58
organic acids, total	0	g	
cholesterol	74	mg	58
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1	µg	
alpha-tocopherol	0.03	mg	
thiamin	0.63	mg	
riboflavin	0.17	mg	58
niacin, preformed	5.5	mg	58
niacin equivalents, total	9.2	mg	
niacin equivalents from tryptophan	3.7	mg	
vitamin B-6, total	0.35	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	3	µg	
ash	1.02	g	58
sodium	61	mg	
potassium	310	mg	
calcium	19	mg	58
phosphorus	190	mg	58
magnesium	18	mg	58
iron, total	1.3	mg	58
zinc	1.7	mg	

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.