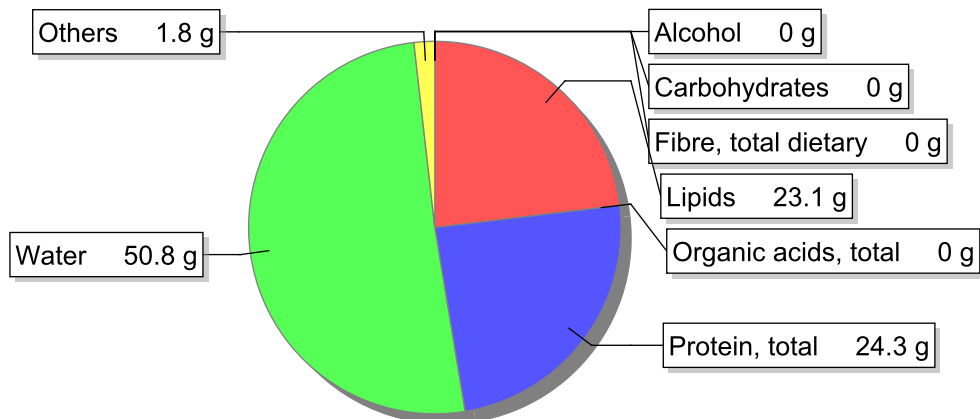


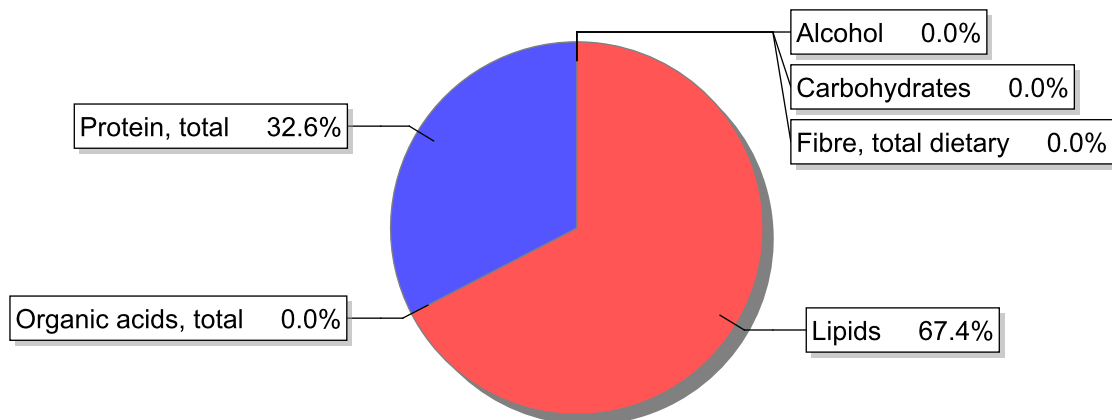
Food

Name: Pork, loin chop, fat, grilled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 70%
Code: IS177
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	305	kcal	
energy kJ, total metabolisable	1270	kJ	
fatty acids, total saturated	7.9	g	
fatty acids, total monounsaturated	7.7	g	
fatty acids, total polyunsaturated	3.8	g	
fatty acid 18:2 n-6 cis,cis	3.3	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	24.3	g	
alcohol	0	g	
water	50.8	g	
organic acids, total	0	g	
cholesterol	111	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.5	µg	
alpha-tocopherol	0.04	mg	
thiamin	0.74	mg	
riboflavin	0.21	mg	
niacin, preformed	6.1	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.36	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	3.7	µg	
ash	1.80	g	
sodium	190	mg	
potassium	370	mg	
calcium	28	mg	
phosphorus	250	mg	
magnesium	29	mg	
iron, total	1.7	mg	
zinc	2.5	mg	

Legend

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

References