



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:
Raw – 4oz (112g)
Cooked – 3oz (84g)

Pork	NDB Number*	Calories	Calories from Fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrate		Protein		Vitamin A		Vitamin C		Calcium		Iron	
				g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Loin Chop, RAW	10036	190	90	10	16	3.5	17	75	26	60	3	0	0	23	0	0	2	4					
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, RAW	10204	210	120	13	20	2.5	13	85	28	70	3	0	0	22	0	0	2	6					
Loin Country-Style Ribs, ROASTED	10206	280	190	21	33	8	39	75	26	45	2	0	0	20	0	0	0	4					
Loin Top Loin Chop Boneless, RAW	10062	170	70	8	12	2.5	14	75	25	55	2	0	0	24	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, RAW	10044	210	110	12	19	2.5	13	65	22	65	3	0	0	23	0	0	2	4					
Loin Rib Chop, BROILED	10046	190	100	11	17	4	19	55	19	45	2	0	0	21	0	0	0	4					
Spareribs, RAW	10088	310	240	26	40	8	42	90	30	90	4	0	0	17	0	0	0	6					
Spareribs, BRAISED	10089	330	230	25	39	9	47	100	34	80	3	0	0	24	0	0	0	8					
Loin Tenderloin, RAW	10218	130	35	4	6	1.5	7	75	24	60	2	0	0	23	0	0	0	6					
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, RAW	10080	210	120	14	21	5	24	70	23	70	3	0	0	20	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, RAW	10062	170	70	8	12	2.5	14	75	25	55	2	0	0	24	0	0	0	4					
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, RAW	10052	190	90	10	15	2	10	80	26	65	3	0	0	23	0	0	0	6					
Loin Sirloin Roast, ROASTED	10055	190	100	11	17	3.5	17	75	25	50	2	0	0	22	0	0	0	4					

Pork provides negligible amounts of dietary fiber and sugars.

SOURCE: *USDA National Nutrient Database for Standard Reference, USDA, ARS.
Data is from United States Department of Agriculture | Food Safety and Inspection Service | September 2011