

# Pork, fresh, loin, whole, separable lean only, cooked, roasted

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Refuse: 28% (Bone 21%, separable fat 7%)

NDB No: 10027 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 2300 grams	Number of Data Points
<b>Proximates</b>			
Water	g	1403.46	0
Energy	kcal	4807	0
Energy	kJ	20102	0
Protein	g	658.26	0
Total lipid (fat)	g	221.49	0
Ash	g	28.75	0
Carbohydrate, by difference	g	0.00	0
Fiber, total dietary	g	0.0	0
Sugars, total	g	0.00	0
<b>Minerals</b>			
Calcium, Ca	mg	414	0
Iron, Fe	mg	25.07	0
Magnesium, Mg	mg	644	0
Phosphorus, P	mg	5727	0
Potassium, K	mg	9775	0
Sodium, Na	mg	1334	0
Zinc, Zn	mg	58.19	0
Copper, Cu	mg	1.357	0
Manganese, Mn	mg	0.368	0
Selenium, Se	mcg	807.3	28
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	13.8	0
Thiamin	mg	23.391	0
Riboflavin	mg	7.567	0
Niacin	mg	135.539	0
Pantothenic acid	mg	17.986	0
Vitamin B-6	mg	12.696	0
Folate, total	mcg	23	0
Folic acid	mcg	0	0
Folate, food	mcg	23	0
Folate, DFE	mcg_DFE	23	0

Choline, total	mg	2263.2	0
Betaine	mg	87.4	0
Vitamin B-12	mcg	16.79	0
Vitamin B-12, added	mcg	0.00	0
Vitamin A, RAE	mcg_RAE	46	0
Retinol	mcg	46	0
Carotene, beta	mcg	0	0
Carotene, alpha	mcg	0	0
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	184	0
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	0	0
Vitamin E (alpha-tocopherol)	mg	4.60	0
Vitamin E, added	mg	0.00	0
Tocopherol, beta	mg	0.00	0
Tocopherol, gamma	mg	1.15	0
Tocopherol, delta	mg	0.00	0
Vitamin K (phylloquinone)	mcg	0.0	0
<b>Lipids</b>			
Fatty acids, total saturated	g	80.730	0
4:0	g	0.000	0
6:0	g	0.000	0
8:0	g	0.000	0
10:0	g	0.230	0
12:0	g	0.230	0
14:0	g	2.760	0
16:0	g	49.910	0
18:0	g	25.990	0
Fatty acids, total monounsaturated	g	99.360	0
16:1 undifferentiated	g	7.130	0
18:1 undifferentiated	g	89.240	0
20:1	g	2.070	0
22:1 undifferentiated	g	0.000	0
Fatty acids, total polyunsaturated	g	17.480	0
18:2 undifferentiated	g	15.180	0
18:3 undifferentiated	g	0.460	0
18:4	g	0.000	0
20:4 undifferentiated	g	0.920	0
20:5 n-3	g	0.000	0
22:5 n-3	g	0.000	0

	g	0.000	0
Cholesterol	mg	1863	0
<b>Amino acids</b>			
Tryptophan	g	8.372	0
Threonine	g	30.061	0
Isoleucine	g	30.820	0
Leucine	g	52.831	0
Lysine	g	59.202	0
Methionine	g	17.434	0
Cystine	g	8.395	0
Phenylalanine	g	26.289	0
Tyrosine	g	22.931	0
Valine	g	35.719	0
Arginine	g	40.917	0
Histidine	g	26.289	0
Alanine	g	38.364	0
Aspartic acid	g	61.065	0
Glutamic acid	g	103.063	0
Glycine	g	31.257	0
Proline	g	26.450	0
Serine	g	27.186	0
<b>Other</b>			
Alcohol, ethyl	g	0.0	0
Caffeine	mg	0	0
Theobromine	mg	0	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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