

Pork & Lamb

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 3 ounces (84g)

| | 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 |
| Pork | | | | | | | | | | | | | |
| 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, roasted | 10206 | 280 | 190 | 21 33 | 8 39 | 75 26 | 45 2 | 0 0 | 20 | 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, broiled | 10046 | 190 | 100 | 11 17 | 4 19 | 55 19 | 45 2 | 0 0 | 21 | 0 | 0 | 0 | 4% |
| Spareribs, braised | 10089 | 330 | 230 | 25 39 | 9 47 | 100 34 | 80 3 | 0 0 | 24 | 0 | 0 | 0 | 8% |
| 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, braised | 10081 | 220 | 130 | 15 23 | 6 28 | 80 27 | 50 2 | 0 0 | 21 | 0 | 0 | 0 | 8% |
| 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, roasted | 10055 | 190 | 100 | 11 17 | 3.5 17 | 75 25 | 50 2 | 0 0 | 22 | 0 | 0 | 0 | 4% |
| | | | | | | | | | | | | | |
| Lamb - 1/8" fat trim | | | | | | | | | | | | | |
| Shank, roasted | 17233 | 180 | 90 | 10 15 | 4 19 | 75 25 | 55 2 | 0 0 | 22 | 0 | 0 | 0 | 10% |
| Shoulder Arm Chop, braised | 17247 | 280 | 170 | 19 29 | 8 39 | 100 34 | 60 3 | 0 0 | 26 | 0 | 0 | 0 | 10% |
| Shoulder Blade Chop, braised | 17251 | 280 | 180 | 20 31 | 8 41 | 95 32 | 65 3 | 0 0 | 24 | 0 | 0 | 0 | 10% |
| Rib Roast, roasted | 17241 | 290 | 210 | 23 36 | 10 49 | 80 27 | 60 3 | 0 0 | 18 | 0 | 0 | 0 | 8% |
| Loin Chop, broiled | 17237 | 250 | 160 | 17 27 | 7 36 | 85 28 | 65 3 | 0 0 | 22 | 0 | 0 | 0 | 8% |
| Leg (whole), roasted | 17231 | 200 | 110 | 12 19 | 5 25 | 75 26 | 55 2 | 0 0 | 22 | 0 | 0 | 0 | 10% |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
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*USDA National Nutrient Database for Standard Reference, USDA, ARS.

Pork and lamb provide negligible amounts of dietary fiber and sugars.