

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%

*USDA National Nutrient Database for Standard Reference, USDA, ARS.

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