

Meat Nutrition Facts



Pork	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	Cooked			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
*FYFGA Center cut chop, Boneless, broiled	3 oz.	150	45	5	8	2	10	50	17	50	2	0	0	0	0	0	25	0	0	0	6
Center cut chop Boneless, Broiled	3 oz.	160	54	6	9	2.5	13	65	22	50	2	0	0	0	0	0	26	0	0	0	6
*FYFGA Center cut chop, Bone-in, broiled	3 oz.	150	54	6	9	2	10	55	18	45	2	0	0	0	0	0	24	0	0	0	4
Center cut chop, Bone-in, Broiled	3 oz.	180	90	10	15	4	20	60	20	40	2	0	0	0	0	0	23	0	0	0	4
*FYFGA Center roast, bone-in, roasted	3 oz.	150	54	6	9	2	10	55	18	45	2	0	0	0	0	0	24	0	0	0	4
Center Roast, Bone-in, roasted	3 oz.	200	99	11	17	4.5	23	70	23	55	2	0	0	0	0	0	22	0	0	0	4
*FYFGA Center roast, boneless, roasted	3 oz.	150	54	6	9	2	10	55	18	45	2	0	0	0	0	0	24	0	0	0	4
Center Roast, Boneless, Roasted	3 oz.	150	54	6	9	2	10	55	18	45	2	0	0	0	0	0	24	0	0	0	4
Chop, loin Boneless, broiled	3 oz.	160	54	6	9	2	10	80	27	50	2	0	0	0	0	0	26	0	0	0	6
*FYFGA Chops, Loin, bone-in	3 oz.	150	45	5	8	2	10	50	17	50	2	0	0	0	0	0	25	0	0	0	6
Chop, Loin Bone-in, broiled	3 oz.	190	90	10	15	4	20	65	22	50	2	0	0	0	0	0	24	0	0	0	6
Crown Roast, Bone-in, Roasted	3 oz.	200	99	11	17	4.5	23	70	23	55	2	0	0	0	0	0	22	0	0	0	4
Cube steak	3 oz.	120	45	5	8	2	10	50	17	45	2	0	0	0	0	0	18	0	0	0	6
Ham, Fresh, Shank Half, Roasted	3 oz.	180	81	9	14	3	15	80	27	55	2	0	0	0	0	0	24	0	0	0	6
Ham, Fresh, Butt Half, Roasted	3 oz.	210	108	12	18	4.5	23	80	27	55	2	0	0	0	0	0	25	0	0	0	4

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	Cooked			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV
Ham, Brown Sugar Cured, Boneless/Bone-in	3 oz.	140	81	9	14	4	20	65	22	750	31	0	0	0	0	0	16	0	0	0	8
Ground Pork	3 oz.	250	162	18	28	7	35	80	27	60	3	0	0	0	0	0	22	0	0	0	6
Picnic, Fresh, Roasted	3 oz.	270	180	20	31	7	35	80	27	60	3	0	0	0	0	0	20	0	0	0	6
Loin, Whole, Boneless	3 oz.	173	72	8	12	3	15	67	22	42	2	0	0	0	0	0	25	0	0	0	6
*FYFGA Baby Back Ribs	3 oz.	270	189	21	32	7	35	90	30	80	3	0	0	0	0	0	20	0	0	0	8
Baby Back Ribs	3 oz.	270	189	21	32	7	35	80	27	50	2	0	0	0	0	0	20	0	0	0	4
Ribs, Country style, Boneless	3 oz.	270	189	21	32	7	35	75	25	65	3	0	0	0	0	0	19	0	0	0	6
Ribs, Country style, bone-in, roasted	3 oz.	280	198	22	34	8	40	80	27	45	2	0	0	0	0	0	20	0	0	0	6
Spareribs, ceter cut	3 oz.	340	234	26	40	9	45	105	35	80	3	0	0	0	0	0	25	0	0	0	8
Stew Meat	3 oz.	120	45	5	8	2	10	50	17	45	2	0	0	0	0	0	18	0	0	0	6
Steak, Pork Butt/Shoulder Butt broiled	3 oz.	220	126	14	22	5	25	80	27	60	3	0	0	0	0	0	22	0	0	0	6
*FYFGA Tenderloin, roasted	3 oz.	120	18	2	3	1	5	60	20	5	0	0	0	0	0	0	25	0	0	0	2
Tenderloin, roasted	3 oz.	150	45	5	8	2	10	65	22	45	2	0	0	0	0	0	24	0	0	0	6
Tenderloin, Rosemary balsamic marinade	3 oz.	160	63	7	11	2.5	13	60	20	160	7	1	0		0		25				6
Tenderloin, Honey Mustard Marinade	3 oz.	140	45	5	8	2	10	53	18	270	11	3	1		0	4	20				8
Tenderloin, Teryaki Marinade	3 oz.	150	36	4	6	1.5	8	60	20	360	15	3	1		0		21				8

*FYFGA - Food You Feel Good About Brand

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