

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	%DV	%DV	%DV	%DV
Pork																							
Loin Chop, broiled	10038	180	80	9	14	3	15	70	24	45	2	0	22	0	0	0	0	0	0	0	0	4%	
Loin Country Style Ribs, roasted	10206	280	190	21	33	8	39	75	26	45	2	0	20	0	0	0	0	0	0	0	0	4%	
Loin Top Loin Chop Boneless, broiled	10064	160	70	8	12	2.5	13	60	20	35	2	0	22	0	0	0	0	0	0	0	0	2%	
Loin Rib Chop, broiled	10046	190	100	11	17	4	19	55	19	45	2	0	21	0	0	0	0	0	0	0	0	4%	
Spareribs, braised	10089	330	230	25	39	9	47	100	34	80	3	0	24	0	0	0	0	0	0	0	0	8%	
Loin Tenderloin, roasted	10222	120	30	3.5	5	1	6	60	20	45	2	0	22	0	0	0	0	0	0	0	0	6%	
Shoulder Blade Steak, braised	10081	220	130	15	23	6	28	80	27	50	2	0	21	0	0	0	0	0	0	0	0	8%	
Loin Top Roast Boneless, roasted	10065	160	70	7	11	2.5	12	65	22	40	2	0	22	0	0	0	0	0	0	0	0	2%	
Loin Sirloin Roast, roasted	10055	190	100	11	17	3.5	17	75	25	50	2	0	22	0	0	0	0	0	0	0	0	4%	
Lamb - 1/8" fat trim																							
Shank, roasted	17233	180	90	10	15	4	19	75	25	55	2	0	22	0	0	0	0	0	0	0	0	10%	
Shoulder Arm Chop, braised	17247	280	170	19	29	8	39	100	34	60	3	0	26	0	0	0	0	0	0	0	0	10%	
Shoulder Blade Chop, braised	17251	280	180	20	31	8	41	95	32	65	3	0	24	0	0	0	0	0	0	0	0	10%	
Rib Roast, roasted	17241	290	210	23	36	10	49	80	27	60	3	0	18	0	0	0	0	0	0	0	0	8%	
Loin Chop, broiled	17237	250	160	17	27	7	36	85	28	65	3	0	22	0	0	0	0	0	0	0	0	8%	
Leg (whole), roasted	17231	200	110	12	19	5	25	75	26	55	2	0	22	0	0	0	0	0	0	0	0	10%	

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

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

www.buehlers.com