Nutritional Information for Food Service Pork Cuts

Common Menu Name	Pork Cut‡	*Calories (3 oz)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)
Shoulder Butt						
Cowboy Steaks, Pork Roast, Boneless Osso Bucco	Pork, shoulder, (Boston butt), blade, braised	198.0	11.2	4.3	51.0	22.6
	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean, only, cooked, braised	193.0	10.3	3.9	131.0	23.4
Pork for Chili, Pork Burger	Ground Pork 72% lean / 28% fat	334.0	28.0	9.6	80.0	19.4
Pork for Chili, Pork Burger	Ground Pork 84% lean / 16% fat	246.0	17.0	5.6	76.0	22.7
Pork for Chili, Pork Burger	Ground Pork 96% lean / 4% fat	159.0	6.1	1.7	71.0	26.0
Italian Sausage (hot or mild)	Italian pork sausage	292.0	23.2	8.2	1026.0	16.3
Breakfast Sausage Patty	Pork sausage, fresh, cooked	288.0	24.1	7.8	637.0	16.5
Breakfast Sausage Link	Pork link sausage	261.0	24.0	7.9	703.0	10.2
Pepperoni	Pepperoni, pork, beef (2 ounces)	277.0	24.6	8.3	926.0	12.7
Picnic Shoulder						
Pulled Pork Shoulder	Pork, shoulder, arm picnic, roasted	194.0	10.7	3.7	68.0	22.7
Side						
Spare Ribs	Pork, spareribs, roasted	307.0	26.2	7.9	77.0	17.8
Bacon Rasher	Pork, bacon, broiled, pan-fried or roasted (3 slices)	130.0	10.0	3.3	554.0	8.9
Bacon Rasher	Pork, bacon, broiled, pan-fried or roasted, reduced sodium (3 slices)	130.0	10.0	3.3	247.0	8.9
Bacon Rasher	Pork, bacon, microwaved (3 slices)	76.0	5.6	1.8	311.0	5.8
Leg						
Scallopini, Medallions, Knuckle	Pork, leg, fresh (ham),rump, roasted	175.0	6.9	2.4	55.0	26.3
Ham	Pork, ham, cured, rump, bone-in, roasted	112.0	2.6	0.8	719.0	22.1
Ham	Pork, ham—water added, shank, bone-in, roasted	109.0	3.8	1.2	901.0	17.8
Ham	Pork, ham—water added, boneless, roasted	99.0	3.7	1.2	1014.0	15.3
Ham	Pork, ham with natural juices, spiral slice, roasted	107.0	3.2	0.4	838.0	19.2
Ham Steak	Pork, ham, steak, boneless, extra lean, unheated	104.0	3.6	1.2	1079.0	16.6
Ham	Pork, ham, boneless, low sodium, extra lean and regular, roasted	140.0	6.6	2.2	824.0	18.7
Loin						
Country Style Ribs	Pork, loin, country-style ribs, roasted	210.0	12.6	4.5	25.0	22.6
Loin Roast	Pork, loin, blade (roasts), bone-in, roasted	210.0	12.6	4.5	25.0	22.6
Sirloin Chops	Pork, sirloin (chops), bone-in, braised	167.0	7.7	2.7	45.0	23.0
Sirloin Chops	Pork, sirloin (chops), boneless, broiled	164.0	5.7	1.9	48.0	26.5
Sirloin Roast	Pork, sirloin (roasts), boneless, roasted	168.0	7.0	2.5	48.0	24.5
Center Cut Boneless Chops	Pork, loin, center rib (chops), boneless, broiled	184.0	8.5	3.0	55.0	25.0
Center Cut Boneless Chops	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	99.0	2.7	0.9	196.0	18.4
Tenderloin	Pork, tenderloin, roasted	122.0	3.0	1.0	48.0	22.2
Boneless Chops	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	111.0	3.0	1.0	201.0	21.1
Tenderloin	Pork Tenderloin, Teriyaki-Flavored	101.0	2.6	0.9	351.0	15.5
Boneless Chops	Pork, top loin (chops), boneless, broiled	147.0	5.2	1.8	38.0	23.4
Country Style Ribs	Pork, loin, country-style ribs, braised	210.0	12.1	4.3	51.0	23.6
Canadian Bacon	Pork, canadian-style bacon, grilled	157.0	7.2	2.4	1314.0	20.6

‡Trimmed of external fat and cooked *3 ounces cooked except where noted)

©2010 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.