



Report on nutrient analysis of key cuts of pork

Supplementary Calculation Report

2020

QIB Extra Ltd / Food Databanks National Capability
Quadram Institute
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Executive Summary

Agriculture and Horticulture Development Board (AHDB) and Public Health England (PHE) commissioned Quadram Institute Bioscience (QIB) Extra to carry out nutrient analysis of a range of pork cuts. The aim of this survey was to provide up-to-date nutrient composition data for commonly consumed cuts and leaner cuts of pork that are becoming more popular. Changes in breeding and feeding practices along with modern butchery methods mean that a wide range of lean cuts are now routinely available to the consumer. The last comprehensive nutrient analysis survey of pork in the UK was completed in 1992/3. Since the early 90s, in response to the public health need to reduce fat intake, the livestock industry has made comprehensive changes to production and processing methods. It is thought these changes have resulted in significant reductions in the fat content of red meat.

The nutrient composition data generated by this survey will be used to update and extend the data currently held by PHE and will be incorporated into the nutrient databank that supports the UK National Diet and Nutrition Survey and also disseminated via the authoritative UK food composition tables, *McCance and Widdowson's The Composition of Foods*. The data will be incorporated into the next update of the online Composition of Foods Dataset ([CoFID](#)) (early 2020) which will be disseminated via the new Composition of Foods searchable website (www.quadram.ac.uk/UKfoodcomposition/).

This project analysed 10 composite samples that were each made up of between 10 and 11 sub-samples. Samples were purchased from retail outlets and prepared for analysis between January and February 2019.

These composite samples were analysed for proximates, minerals and vitamins between February and March 2019. Analytical results and details of the sub-samples making up each composite sample can be found in separate reports. Results for individual fatty acids are reported separately in electronic format.

This supplementary calculation report complements the sampling and analytical report by providing calculated nutrient values of whole cuts (i.e. lean and fat together) and partially trimmed cuts (i.e. all lean and some fat).



Notes relating to calculations

During preparation of the pork samples, each piece of meat was first separated into lean, fat, skin and inedible portions by trimming with a sharp knife and each part weighed. The lean and fat portions were analysed separately, and these values were used in combination with the measured weights of the relevant parts to produce the calculated values. Separated weights and analytical values can be found in the Sampling Report and Analytical Report respectively.

Analytical fat values from uncooked pork loin steak were used to calculate pork fillet medallion and pork loin medallion whole and trimmed cuts.



Calculated lean and fat samples

	Recalculated Sample	Description
a	Pork fillet medallions, uncooked, lean and fat	Calculated from 98% lean and 2% fat. No fat removed.
b	Pork loin medallions, uncooked, lean and fat, trimmed	Calculated from 98% lean and 2% fat. Subcutaneous fat removed.
c	Pork loin medallions, uncooked, lean and fat, not trimmed	Calculated from 94% lean and 6% fat. No fat removed.
d	Pork loin steak, uncooked, lean and fat, trimmed	Calculated from 94% lean and 6% fat. Subcutaneous fat and skin removed.
e	Pork loin steak, uncooked, lean and fat, not trimmed	Calculated from 84% lean and 16% fat. No fat removed, not including skin.
f	Pork loin steak, grilled, lean and fat, trimmed	Calculated from 96% lean and 4% fat. Subcutaneous fat and crackling removed.
g	Pork loin steak, grilled, lean and fat, not trimmed	Calculated from 86% lean and 14% fat. No fat removed, not including crackling.
h	Pork leg roasting joint, uncooked, lean and fat, trimmed	Calculated from 96% lean and 4% fat. Subcutaneous fat and skin removed.
i	Pork leg roasting joint, uncooked, lean and fat, not trimmed	Calculated from 81% lean and 19% fat. No fat removed, not including skin.
j	Pork leg roasting joint, roasted, lean and fat, trimmed	Calculated from 96% lean and 4% fat. Subcutaneous fat and crackling removed.
k	Pork leg roasting joint, roasted, lean and fat, not trimmed	Calculated from 81% lean and 19% fat. No fat removed, not including crackling.



a: Pork fillet medallions, uncooked, lean and fat

PROXIMATES

Water	73.7	g/100g
Total Nitrogen	3.61	g/100g
Nitrogen conversion factor	6.25	
Protein	22.6	g/100g
Fat	1.8	g/100g
Ash	1.2	g/100g
Energy (kcal)	106	kcal/100g
Energy (kJ)	450	kJ/100g
Cholesterol	64	mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated	0.65	g/100g
cis-monounsaturated	0.70	g/100g
cis n-3 polyunsaturated	0.02	g/100g
cis n-6 polyunsaturated	0.28	g/100g
cis polyunsaturated	0.30	g/100g
Trans	<0.01	g/100g

INORGANICS

Sodium (Na)	42	mg/100g
Potassium (K)	414	mg/100g
Calcium (Ca)	6	mg/100g
Magnesium (Mg)	28	mg/100g
Phosphorus (P)	222	mg/100g
Iron (Fe)	0.97	mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)	1.7	mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)	0.01	mg/100g
Iodine (I)	<1	µg/100g
Selenium (Se)	18	µg/100g
Sulphur (S)	219	mg/100g

WATER SOLUBLE VITAMINS

Thiamin	0.85	mg/100g
Riboflavin	0.27	mg/100g
Niacin	8.8	mg/100g
Tryptophan/60	4.7	mg/100g
Vitamin B ₆	0.32	mg/100g
Folate	4	µg/100g
Pantothenic acid	1.18	mg/100g
Biotin	4.8	µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂	0.5	µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol	0.29	mg/100g
Beta-tocopherol	<0.5	mg/100g
Delta-tocopherol	<0.5	mg/100g
Gamma-tocopherol	<0.5	mg/100g
Vitamin E	0.29	mg/100g
Vitamin D ₃		µg/100g
25-hydroxy vitamin D ₃		µg/100g
Total vitamin D		µg/100g



b: Pork loin medallions, uncooked, lean and fat, trimmed

PROXIMATES

Water	72.9	g/100g
Total Nitrogen	3.75	g/100g
Nitrogen conversion factor	6.25	
Protein	23.4	g/100g
Fat	3.1	g/100g
Ash	1.2	g/100g
Energy (kcal)	122	kcal/100g
Energy (kJ)	513	kJ/100g
Cholesterol	58	mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated	1.09	g/100g
cis-monounsaturated	1.26	g/100g
cis n-3 polyunsaturated	0.03	g/100g
cis n-6 polyunsaturated	0.42	g/100g
cis polyunsaturated	0.46	g/100g
Trans	<0.01	g/100g

INORGANICS

Sodium (Na)	41	mg/100g
Potassium (K)	400	mg/100g
Calcium (Ca)	5	mg/100g
Magnesium (Mg)	27	mg/100g
Phosphorus (P)	212	mg/100g
Iron (Fe)	0.43	mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)	1.3	mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)	0.01	mg/100g
Iodine (I)	<1	µg/100g
Selenium (Se)	17	µg/100g
Sulphur (S)	206	mg/100g

WATER SOLUBLE VITAMINS

Thiamin	0.69	mg/100g
Riboflavin	0.12	mg/100g
Niacin	10.0	mg/100g
Tryptophan/60	5.2	mg/100g
Vitamin B ₆	0.29	mg/100g
Folate	4	µg/100g
Pantothenic acid	0.72	mg/100g
Biotin	3.8	µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂	0.3	µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol	0.28	mg/100g
Beta-tocopherol	<0.5	mg/100g
Delta-tocopherol	<0.5	mg/100g
Gamma-tocopherol	<0.5	mg/100g
Vitamin E	0.28	mg/100g
Vitamin D ₃		µg/100g
25-hydroxy vitamin D ₃		µg/100g
Total vitamin D		µg/100g



c: Pork loin medallions, uncooked, lean and fat, not trimmed

PROXIMATES

Water	71.3	g/100g
Total Nitrogen	3.68	g/100g
Nitrogen conversion factor	6.25	
Protein	23.0	g/100g
Fat	5.4	g/100g
Ash	1.2	g/100g
Energy (kcal)	141	kcal/100g
Energy (kJ)	591	kJ/100g
Cholesterol	58	mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated	1.96	g/100g
cis-monounsaturated	2.23	g/100g
cis n-3 polyunsaturated	0.06	g/100g
cis n-6 polyunsaturated	0.73	g/100g
cis polyunsaturated	0.80	g/100g
Trans	0.01	g/100g

INORGANICS

Sodium (Na)	40	mg/100g
Potassium (K)	390	mg/100g
Calcium (Ca)	5	mg/100g
Magnesium (Mg)	26	mg/100g
Phosphorus (P)	207	mg/100g
Iron (Fe)	0.42	mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)	1.3	mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)	0.01	mg/100g
Iodine (I)	<1	µg/100g
Selenium (Se)	16	µg/100g
Sulphur (S)	200	mg/100g

WATER SOLUBLE VITAMINS

Thiamin	0.67	mg/100g
Riboflavin	0.12	mg/100g
Niacin	9.8	mg/100g
Tryptophan/60	5.1	mg/100g
Vitamin B ₆	0.28	mg/100g
Folate	4	µg/100g
Pantothenic acid	0.71	mg/100g
Biotin	3.8	µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂	0.3	µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol	0.28	mg/100g
Beta-tocopherol	<0.5	mg/100g
Delta-tocopherol	<0.5	mg/100g
Gamma-tocopherol	<0.5	mg/100g
Vitamin E	0.28	mg/100g
Vitamin D ₃		µg/100g
25-hydroxy vitamin D ₃		µg/100g
Total vitamin D		µg/100g



d: Pork loin steak, uncooked, lean and fat, trimmed

PROXIMATES

Water	70.7	g/100g
Total Nitrogen	3.60	g/100g
Nitrogen conversion factor	6.25	
Protein	22.5	g/100g
Fat	5.5	g/100g
Ash	1.1	g/100g
Energy (kcal)	140	kcal/100g
Energy (kJ)	586	kJ/100g
Cholesterol	63	mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated	2.04	g/100g
cis-monounsaturated	2.33	g/100g
cis n-3 polyunsaturated	0.06	g/100g
cis n-6 polyunsaturated	0.74	g/100g
cis polyunsaturated	0.81	g/100g
Trans	0.01	g/100g

INORGANICS

Sodium (Na)	47	mg/100g
Potassium (K)	386	mg/100g
Calcium (Ca)	5	mg/100g
Magnesium (Mg)	25	mg/100g
Phosphorus (P)	200	mg/100g
Iron (Fe)	0.43	mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)	1.4	mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)	0.01	mg/100g
Iodine (I)	<1	µg/100g
Selenium (Se)	20	µg/100g
Sulphur (S)	202	mg/100g

WATER SOLUBLE VITAMINS

Thiamin	0.61	mg/100g
Riboflavin	0.12	mg/100g
Niacin	8.8	mg/100g
Tryptophan/60	4.9	mg/100g
Vitamin B ₆	0.30	mg/100g
Folate	4	µg/100g
Pantothenic acid	0.78	mg/100g
Biotin	3.8	µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂	0.3	µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol	0.27	mg/100g
Beta-tocopherol	<0.5	mg/100g
Delta-tocopherol	<0.5	mg/100g
Gamma-tocopherol	<0.5	mg/100g
Vitamin E	0.27	mg/100g
Vitamin D ₃		µg/100g
25-hydroxy vitamin D ₃		µg/100g
Total vitamin D		µg/100g



e: Pork loin steak, uncooked, lean and fat, not trimmed

PROXIMATES

Water	66.9	g/100g
Total Nitrogen	3.43	g/100g
Nitrogen conversion factor	6.25	
Protein	21.4	g/100g
Fat	11.2	g/100g
Ash	1.0	g/100g
Energy (kcal)	187	kcal/100g
Energy (kJ)	779	kJ/100g
Cholesterol	63	mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated	4.16	g/100g
cis-monounsaturated	4.69	g/100g
cis n-3 polyunsaturated	0.12	g/100g
cis n-6 polyunsaturated	1.49	g/100g
cis polyunsaturated	1.63	g/100g
Trans	0.02	g/100g

INORGANICS

Sodium (Na)	45	mg/100g
Potassium (K)	362	mg/100g
Calcium (Ca)	5	mg/100g
Magnesium (Mg)	23	mg/100g
Phosphorus (P)	188	mg/100g
Iron (Fe)	0.41	mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)	1.3	mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)	0.01	mg/100g
Iodine (I)	<1	µg/100g
Selenium (Se)	19	µg/100g
Sulphur (S)	188	mg/100g

WATER SOLUBLE VITAMINS

Thiamin	0.57	mg/100g
Riboflavin	0.11	mg/100g
Niacin	8.3	mg/100g
Tryptophan/60	4.5	mg/100g
Vitamin B ₆	0.28	mg/100g
Folate	4	µg/100g
Pantothenic acid	0.74	mg/100g
Biotin	3.7	µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂	0.4	µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol	0.27	mg/100g
Beta-tocopherol	<0.5	mg/100g
Delta-tocopherol	<0.5	mg/100g
Gamma-tocopherol	<0.5	mg/100g
Vitamin E	0.27	mg/100g
Vitamin D ₃		µg/100g
25-hydroxy vitamin D ₃		µg/100g
Total vitamin D		µg/100g



f: Pork loin steak, grilled, lean and fat, trimmed

PROXIMATES

Water	56.4	g/100g
Total Nitrogen	5.51	g/100g
Nitrogen conversion factor	6.25	
Protein	34.4	g/100g
Fat	8.0	g/100g
Ash		g/100g
Energy (kcal)	210	kcal/100g
Energy (kJ)	881	kJ/100g
Cholesterol		mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated		g/100g
cis-monounsaturated		g/100g
cis n-3 polyunsaturated		g/100g
cis n-6 polyunsaturated		g/100g
cis polyunsaturated		g/100g
Trans		g/100g

INORGANICS

Sodium (Na)		mg/100g
Potassium (K)		mg/100g
Calcium (Ca)		mg/100g
Magnesium (Mg)		mg/100g
Phosphorus (P)		mg/100g
Iron (Fe)		mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)		mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)		mg/100g
Iodine (I)		µg/100g
Selenium (Se)		µg/100g
Sulphur (S)		mg/100g

WATER SOLUBLE VITAMINS

Thiamin		mg/100g
Riboflavin		mg/100g
Niacin		mg/100g
Tryptophan/60		mg/100g
Vitamin B ₆		mg/100g
Folate		µg/100g
Pantothenic acid		mg/100g
Biotin		µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂		µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol		mg/100g
Beta-tocopherol		mg/100g
Delta-tocopherol		mg/100g
Gamma-tocopherol		mg/100g
Vitamin E		mg/100g
Vitamin D ₃	0.31	µg/100g
25-hydroxy vitamin D ₃	0.18	µg/100g
Total vitamin D	1.3	µg/100g



g: Pork loin steak, grilled, lean and fat, not trimmed

PROXIMATES

Water	53.4	g/100g
Total Nitrogen	5.24	g/100g
Nitrogen conversion factor	6.25	
Protein	32.7	g/100g
Fat	12.9	g/100g
Ash		g/100g
Energy (kcal)	247	kcal/100g
Energy (kJ)	1033	kJ/100g
Cholesterol		mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated		g/100g
cis-monounsaturated		g/100g
cis n-3 polyunsaturated		g/100g
cis n-6 polyunsaturated		g/100g
cis polyunsaturated		g/100g
Trans		g/100g

INORGANICS

Sodium (Na)		mg/100g
Potassium (K)		mg/100g
Calcium (Ca)		mg/100g
Magnesium (Mg)		mg/100g
Phosphorus (P)		mg/100g
Iron (Fe)		mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)		mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)		mg/100g
Iodine (I)		µg/100g
Selenium (Se)		µg/100g
Sulphur (S)		mg/100g

WATER SOLUBLE VITAMINS

Thiamin		mg/100g
Riboflavin		mg/100g
Niacin		mg/100g
Tryptophan/60		mg/100g
Vitamin B ₆		mg/100g
Folate		µg/100g
Pantothenic acid		mg/100g
Biotin		µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂		µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol		mg/100g
Beta-tocopherol		mg/100g
Delta-tocopherol		mg/100g
Gamma-tocopherol		mg/100g
Vitamin E		mg/100g
Vitamin D ₃	0.40	µg/100g
25-hydroxy vitamin D ₃	0.19	µg/100g
Total vitamin D	1.4	µg/100g



h: Pork leg roasting joint, uncooked, lean and fat, trimmed

PROXIMATES

Water	72.3	g/100g
Total Nitrogen	3.59	g/100g
Nitrogen conversion factor	6.25	
Protein	22.4	g/100g
Fat	5.8	g/100g
Ash	1.1	g/100g
Energy (kcal)	142	kcal/100g
Energy (kJ)	595	kJ/100g
Cholesterol	68	mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated	1.99	g/100g
cis-monounsaturated	2.59	g/100g
cis n-3 polyunsaturated	0.06	g/100g
cis n-6 polyunsaturated	0.65	g/100g
cis polyunsaturated	0.72	g/100g
Trans	0.01	g/100g

INORGANICS

Sodium (Na)	55	mg/100g
Potassium (K)	367	mg/100g
Calcium (Ca)	5	mg/100g
Magnesium (Mg)	25	mg/100g
Phosphorus (P)	200	mg/100g
Iron (Fe)	0.62	mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)	1.7	mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)	0.01	mg/100g
Iodine (I)	<1	µg/100g
Selenium (Se)	22	µg/100g
Sulphur (S)	202	mg/100g

WATER SOLUBLE VITAMINS

Thiamin	0.45	mg/100g
Riboflavin	0.09	mg/100g
Niacin	10.3	mg/100g
Tryptophan/60	4.7	mg/100g
Vitamin B ₆	0.33	mg/100g
Folate	5	µg/100g
Pantothenic acid	0.84	mg/100g
Biotin	4.3	µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂	0.5	µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol	0.30	mg/100g
Beta-tocopherol	<0.5	mg/100g
Delta-tocopherol	<0.5	mg/100g
Gamma-tocopherol	<0.5	mg/100g
Vitamin E	0.30	mg/100g
Vitamin D ₃		µg/100g
25-hydroxy vitamin D ₃		µg/100g
Total vitamin D		µg/100g



i: Pork leg roasting joint, uncooked, lean and fat, not trimmed

PROXIMATES

Water	66.2	g/100g
Total Nitrogen	3.19	g/100g
Nitrogen conversion factor	6.25	
Protein	19.9	g/100g
Fat	15.0	g/100g
Ash	1.0	g/100g
Energy (kcal)	215	kcal/100g
Energy (kJ)	894	kJ/100g
Cholesterol	71	mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated	5.32	g/100g
cis-monounsaturated	6.86	g/100g
cis n-3 polyunsaturated	0.16	g/100g
cis n-6 polyunsaturated	1.70	g/100g
cis polyunsaturated	1.90	g/100g
Trans	0.03	g/100g

INORGANICS

Sodium (Na)	51	mg/100g
Potassium (K)	330	mg/100g
Calcium (Ca)	4	mg/100g
Magnesium (Mg)	23	mg/100g
Phosphorus (P)	180	mg/100g
Iron (Fe)	0.56	mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)	1.5	mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)	0.01	mg/100g
Iodine (I)	<1	µg/100g
Selenium (Se)	20	µg/100g
Sulphur (S)	179	mg/100g

WATER SOLUBLE VITAMINS

Thiamin	0.41	mg/100g
Riboflavin	0.08	mg/100g
Niacin	9.0	mg/100g
Tryptophan/60	4.1	mg/100g
Vitamin B ₆	0.29	mg/100g
Folate	5	µg/100g
Pantothenic acid	0.76	mg/100g
Biotin	4.1	µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂	0.5	µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol	0.33	mg/100g
Beta-tocopherol	<0.5	mg/100g
Delta-tocopherol	<0.5	mg/100g
Gamma-tocopherol	<0.5	mg/100g
Vitamin E	0.33	mg/100g
Vitamin D ₃		µg/100g
25-hydroxy vitamin D ₃		µg/100g
Total vitamin D		µg/100g



j: Pork leg roasting joint, roasted, lean and fat, trimmed

PROXIMATES

Water	58.6	g/100g
Total Nitrogen	5.20	g/100g
Nitrogen conversion factor	6.25	
Protein	32.5	g/100g
Fat	8.1	g/100g
Ash		g/100g
Energy (kcal)	203	kcal/100g
Energy (kJ)	852	kJ/100g
Cholesterol		mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated		g/100g
cis-monounsaturated		g/100g
cis n-3 polyunsaturated		g/100g
cis n-6 polyunsaturated		g/100g
cis polyunsaturated		g/100g
Trans		g/100g

INORGANICS

Sodium (Na)		mg/100g
Potassium (K)		mg/100g
Calcium (Ca)		mg/100g
Magnesium (Mg)		mg/100g
Phosphorus (P)		mg/100g
Iron (Fe)		mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)		mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)		mg/100g
Iodine (I)		µg/100g
Selenium (Se)		µg/100g
Sulphur (S)		mg/100g

WATER SOLUBLE VITAMINS

Thiamin		mg/100g
Riboflavin		mg/100g
Niacin		mg/100g
Tryptophan/60		mg/100g
Vitamin B ₆		mg/100g
Folate		µg/100g
Pantothenic acid		mg/100g
Biotin		µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂		µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol		mg/100g
Beta-tocopherol		mg/100g
Delta-tocopherol		mg/100g
Gamma-tocopherol		mg/100g
Vitamin E		mg/100g
Vitamin D ₃	0.20	µg/100g
25-hydroxy vitamin D ₃	0.16	µg/100g
Total vitamin D	1.1	µg/100g



k: Pork leg roasting joint, roasted, lean and fat, not trimmed

PROXIMATES

Water	54.5	g/100g
Total Nitrogen	4.73	g/100g
Nitrogen conversion factor	6.25	
Protein	29.6	g/100g
Fat	15.9	g/100g
Ash		g/100g
Energy (kcal)	261	kcal/100g
Energy (kJ)	1091	kJ/100g
Cholesterol		mg/100g

CARBOHYDRATES

Glucose		g/100g
Fructose		g/100g
Sucrose		g/100g
Maltose		g/100g
Lactose		g/100g
Starch		g/100g
Resistant starch		g/100g
Phytic acid		g/100g
Total sugars		g/100g
Oligosaccharides		g/100g
¹ Available carbohydrate		g/100g
Fibre (AOAC)		g/100g

FATTY ACIDS

Saturated		g/100g
cis-monounsaturated		g/100g
cis n-3 polyunsaturated		g/100g
cis n-6 polyunsaturated		g/100g
cis polyunsaturated		g/100g
Trans		g/100g

INORGANICS

Sodium (Na)		mg/100g
Potassium (K)		mg/100g
Calcium (Ca)		mg/100g
Magnesium (Mg)		mg/100g
Phosphorus (P)		mg/100g
Iron (Fe)		mg/100g
Copper (Cu)		mg/100g
Zinc (Zn)		mg/100g
Chloride (Cl)		mg/100g
Manganese (Mn)		mg/100g
Iodine (I)		µg/100g
Selenium (Se)		µg/100g
Sulphur (S)		mg/100g

WATER SOLUBLE VITAMINS

Thiamin		mg/100g
Riboflavin		mg/100g
Niacin		mg/100g
Tryptophan/60		mg/100g
Vitamin B ₆		mg/100g
Folate		µg/100g
Pantothenic acid		mg/100g
Biotin		µg/100g
Vitamin C		mg/100g
Vitamin B ₁₂		µg/100g

FAT SOLUBLE VITAMINS

Alpha-tocopherol		mg/100g
Beta-tocopherol		mg/100g
Delta-tocopherol		mg/100g
Gamma-tocopherol		mg/100g
Vitamin E		mg/100g
Vitamin D ₃	0.31	µg/100g
25-hydroxy vitamin D ₃	0.17	µg/100g
Total vitamin D	1.2	µg/100g

