

Pork Centre Chops, boneless, cooked, grilled**Nutrition Facts**
Valeur nutritive

Serving size 100g / Portion 100g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 210	
Total Fat / Lipides 8 g	12 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 1 g	
Omega-6 / oméga-6 0.9 g	
Omega-3 / oméga-3 0.1 g	
Monounsaturated / monoinsaturés 3.5 g	
Cholesterol / Cholestérol 75 mg	
Sodium / Sodium 60 mg	3 %
Potassium / Potassium 410 mg	12 %
Total Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 32 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	6 %
Thiamine / Thiamine	90 %
Riboflavin / Riboflavine	15 %
Niacin / Niacine	80 %
Vitamin B ₆ / Vitamine B ₆	30 %

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Vitamin B ₁₂ / Vitamine B ₁₂	40 %
Pantothenate / Pantothénate	20 %
Phosphorus / Phosphore	20 %
Magnesium / Magnésium	10 %
Zinc / Zinc	25 %
Copper / Cuivre	10 %
Manganese / Manganèse	0 %

CANADIAN NUTRITION LABEL (BILINGUAL VERSION) Fig 2a

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Serving size based on the Ref Amt, Canada Gazette, Part II.

Vitamins A, C, Sugars, Fibre were assumed zero.