

Pork Centre Chops, boneless, lean only, raw

Nutrition Facts
Valeur nutritive

Serving size 125g / Portion 125g

Amount	% Daily Value
Teneur	% valeur quotidienne

Calories / Calories	160	
Total Fat / Lipides	3.5 g	5 %
Saturated / saturés	1.5 g	
+ Trans / trans	0 g	8 %
Polyunsaturated / polyinsaturés	0.4 g	
Omega-6 / oméga-6	0.4 g	
Omega-3 / oméga-3	0 g	
Monounsaturated / monoinsaturés	1.5 g	
Cholesterol / Cholestérol	65 mg	
Sodium / Sodium	70 mg	3 %
Potassium / Potassium	440 mg	13 %
Total Carbohydrate / Glucides	0 g	0 %
Fibre / Fibres	0 g	0 %
Sugars / Sucres	0 g	
Protein / Protéines	30 g	
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		0 %
Iron / Fer		8 %
Thiamine / Thiamine		100 %
Riboflavin / Riboflavine		15 %
Niacin / Niacine		80 %
Vitamin B ₆ / Vitamine B ₆		25 %

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Vitamin B ₁₂ / Vitamine B ₁₂	30 %
Pantothenate / Pantothénate	20 %
Phosphorus / Phosphore	25 %
Magnesium / Magnésium	15 %
Zinc / Zinc	20 %
Copper / Cuivre	10 %
Manganese / Manganèse	0 %

CANADIAN NUTRITION LABEL (BILINGUAL VERSION) Fig 1b

Project 05-11070

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

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