

Pork Centre Chops, boneless, raw, whole

Nutrition Facts
Valeur nutritive

Serving size 125 g / Portion 125 g

Amount	% Daily Value
Teneur	% valeur quotidienne

Calories / Calories	200	
Total Fat / Lipides	9 g	14 %
Saturated / saturés	3.5 g	
+ Trans / trans	0 g	18 %
Polyunsaturated / polyinsaturés	1 g	
Omega-6 / oméga-6	1 g	
Omega-3 / oméga-3	0.1 g	
Monounsaturated / monoinsaturés	4 g	
Cholesterol / Cholestérol	65 mg	
Sodium / Sodium	60 mg	3 %
Potassium / Potassium	420 mg	12 %
Total Carbohydrate / Glucides	0 g	0 %
Fibre / Fibres	0 g	0 %
Sugars / Sucres	0 g	
Protein / Protéines	28 g	
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		0 %
Iron / Fer		6 %
Thiamine / Thiamine		110 %
Riboflavin / Riboflavine		15 %
Niacin / Niacine		90 %
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	10 %
Zinc / Zinc	20 %
Copper / Cuivre	8 %
Manganese / Manganèse	0 %

CANADIAN NUTRITION LABEL (BILINGUAL VERSION) Fig 1a

Project 05-11070

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

Vitamins A, C, Sugars, Fibre were assumed zero