

Nutrition Facts

Serving size

1 pork chop

Amount Per Serving

Calories

230

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 3g **15%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 6g

Cholesterol 65mg **22%**

Sodium 370mg **16%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes < 1g Added Sugars **1%**

Protein 23g **46%**

Vitamin D 0.5mcg **2%**

Calcium 31mg **2%**

Iron 1.8mg **10%**

Potassium 542mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.