

Calumet Diversified Meats Inc.
Nutrition Facts



CALUMET
Diversified Meats Inc.

(All are per 100 grams)	center cut pork chops	seasoned cc chops	boneless pork chop	seas bnls chops	pork roast	seasoned pork roast	pork tenderloin	diced pork
water %	72.6	76.3	72.6	76.3	66.9	76.1	74.9	66.9
kcal	140	121	140	121	198	165	120	198
protein (grams)	22	19	22	19	20	18	21	20
fat (grams)	5.0	4.3	5	4.3	12.6	11	3.4	12.6
carbohydrate, by diff. (grams)	0	0	0	0	0	0	0	0
total dietary fiber (grams)	0	0	0	0	0	0	0	0
ash (grams)	1.1	0.9	1.1	0.948	1	1	1.8	1
calcium (milligrams)	21	18	21	18	18	16	5	18
phosphorous (milligrams)	207	178	207	178	197	170	226	197
iron (milligrams)	0.8	0.7	0.8	0.69	0.8	0.7	1.2	0.8
sodium (milligrams)	66	466	66	466	50	424	50	50
potassium (milligrams)	362	312	362	312	356	344	366	356
vitamin A value (int. units)	7	6	7	6	7	6	6	7
thiamin (milligrams)	1.216	1.048	1.216	1.048	0.901	0.855	0.974	0.901
riboflavin (milligrams)	0.224	0.193	0.224	0.193	0.248	0.231	0.281	0.248
niacin (milligrams)	5.13	4.42	5.13	4.422	4.58	4.11	4.43	4.58
vitamin C (milligrams)	1.0	0.9	1	0.862	0.6	0.5	0.9	0.6
saturated fatty acid (grams)	1.74	1.50	1.74	1.5	4.36	4.22	1.18	4.36
mono unsaturated fatty acids (grams)	2.28	1.97	2.28	1.966	5.61	5.55	1.54	5.61
poly unsaturated fatty acids (grams)	0.54	0.47	0.54	0.466	1.34	1.22	0.37	1.34
cholesterol (milligrams)	63	54	63	54.3	63	60	65	63

*Ingredient statement for cc pork chops, seasoned reads as follows:
Containing up to 18% of a solution of water, salt, sodium tripolyphosphate, lemon juice concentrate.

Calumet Diversified Meats uses no allergens. None of our products are labelled with school lunch equivalents or CN label.

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(All are per 100 grams)	Country style ribs	Canadian pork back	Seasoned Canadian	Cutlets	Ground Pork	End to End Chops	Pork Spare Ribs	Ham roast	Butt Roast
water %	71.8	72.6	76.4	74.5	64	66.9	70.8	72.9	72.6
kcal	157	140	120	118	221	198	149	136	148
protein (grams)	19	22	19	23	15	20	22	20	19
fat (grams)	8	5	4	5	17	12.6	6	6	7
carbohydrate, by diff. (grams)	0	0	0	0	0	0	0	0	0
total dietary fiber (grams)	0	0	0	0	0	0	0	0	0
ash (grams)	1	1.1	0.9	1.3	0.79	1	1	1	1
calcium (milligrams)	23	21	19	20	14	18	21	17	14
phosphorous (milligrams)	191	207	187	204	181	197	215	229	202
iron (milligrams)	1	0.8	0.7	0.8	0.91	0.8	0.8	0.8	0.7
sodium (milligrams)	67	66	432	64	58	50	45	55	76
potassium (milligrams)	340	362	310	351	297	356	421	369	341
vitamin A value (int. units)	7	7	6	7	6	7	6	6	6
thiamin (milligrams)	0.808	1.216	1.101	1.118	0.668	0.901	0.973	0.875	0.884
riboflavin (milligrams)	0.279	0.224	0.177	0.119	0.214	0.248	0.256	0.228	0.314
niacin (milligrams)	4.32	5.13	4.68	5.26	3.96	4.58	5.82	5.33	4.27
vitamin C (milligrams)	0.8	1	0.9	1	0.6	0.6	0.3	0.9	0.8
saturated fatty acid (grams)	2.85	1.74	1.58	1.8	0.38	4.36	2.07	1.87	2.47
mono unsaturated fatty acids (grams)	3.73	2.28	2.01	2.17	7.65	5.61	2.71	2.44	3.23
poly unsaturated fatty acids (grams)	0.89	0.54	0.51	0.58	1.55	1.34	0.65	0.58	0.77
cholesterol (milligrams)	64	63	55	68	58	63	55	68	67

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