

pork tenderloin nutrition facts 100g

pork tenderloin nutrition facts 100g provide essential insights into the nutritional profile of this popular lean cut of meat. Understanding the composition of pork tenderloin is crucial for those focused on diet, fitness, or general health. This article explores the macronutrients, vitamins, minerals, and caloric content found in 100 grams of pork tenderloin, shedding light on its benefits and dietary role. Additionally, the piece examines how pork tenderloin compares to other protein sources and offers practical tips for incorporating it into a balanced diet. By analyzing these details, readers gain a comprehensive understanding of how pork tenderloin nutrition facts 100g contribute to overall health management and meal planning. The following sections will provide a detailed breakdown of these nutritional components and their implications.

- Macronutrient Composition of Pork Tenderloin
- Vitamin Content in Pork Tenderloin
- Mineral Profile of Pork Tenderloin
- Caloric Value and Energy Contribution
- Health Benefits and Dietary Considerations

Macronutrient Composition of Pork Tenderloin

The macronutrient profile of pork tenderloin is a fundamental aspect of its nutritional value. Per 100 grams, pork tenderloin is predominantly a source of high-quality protein with relatively low fat content. This lean meat is favored for its ability to provide essential amino acids necessary for muscle repair and growth.

Protein Content

Pork tenderloin contains approximately 20 to 22 grams of protein per 100 grams serving. This substantial protein level supports muscle maintenance, immune function, and enzymatic processes. The protein in pork tenderloin is complete, meaning it provides all nine essential amino acids required by the human body.

Fat Content

Compared to other cuts of pork, tenderloin is notably lean, containing about 3 to 4 grams of fat per 100 grams. The fat composition primarily includes monounsaturated and polyunsaturated fats, which

are considered healthier fats. Saturated fat content remains relatively low, making pork tenderloin a suitable choice for those managing fat intake.

Carbohydrates and Fiber

Pork tenderloin contains negligible amounts of carbohydrates and dietary fiber, with near zero grams per 100 grams. This characteristic makes it an excellent protein source for low-carbohydrate or ketogenic diets where carbohydrate intake is restricted.

Vitamin Content in Pork Tenderloin

In addition to macronutrients, pork tenderloin serves as a valuable source of various vitamins that contribute to metabolic processes and overall well-being. The vitamin profile of 100 grams of pork tenderloin includes several B-complex vitamins and others essential for energy metabolism and neurological function.

Vitamin B Complex

Pork tenderloin is rich in B vitamins, particularly vitamin B1 (thiamine), B3 (niacin), B6 (pyridoxine), and B12 (cobalamin). Each plays a vital role in energy production, red blood cell formation, and nervous system health. For instance, 100 grams of pork tenderloin provides roughly 0.8 mg of thiamine, meeting a significant portion of the recommended daily intake.

Other Vitamins

Smaller amounts of vitamins such as vitamin D and vitamin E are also present in pork tenderloin. These vitamins contribute to bone health, antioxidant protection, and immune system support. However, their quantities are modest compared to the B vitamins.

Mineral Profile of Pork Tenderloin

Minerals are essential micronutrients that pork tenderloin supplies in meaningful quantities. These minerals support various physiological functions, including oxygen transport, bone health, and electrolyte balance.

Iron and Zinc

Pork tenderloin provides about 0.8 mg of iron per 100 grams, which is instrumental in preventing anemia and supporting oxygen transport in the blood. Zinc content ranges around 2 mg, contributing to immune system function and wound healing.

Phosphorus and Potassium

The phosphorus content in pork tenderloin is approximately 220 mg per 100 grams, important for bone strength and energy metabolism. Potassium levels average around 350 mg, aiding in maintaining fluid balance and proper muscle function.

Other Minerals

Smaller amounts of magnesium, selenium, and calcium are also present. Selenium acts as a potent antioxidant, while magnesium supports muscle and nerve function. Calcium content is minimal but still contributes to overall mineral intake.

Caloric Value and Energy Contribution

Understanding the caloric content of pork tenderloin is essential for diet planning and energy management. The energy value of 100 grams of cooked pork tenderloin generally ranges between 120 to 140 calories, depending on preparation methods.

Calorie Breakdown

Calories in pork tenderloin primarily derive from protein and fat. Protein provides approximately 4 calories per gram, while fat offers 9 calories per gram. Given the lean nature of pork tenderloin, the majority of calories come from protein, with fat contributing a smaller fraction.

Factors Affecting Caloric Content

Cooking techniques such as grilling, roasting, or frying can influence the final caloric content. Adding oils, marinades, or breading increases calories, while boiling or steaming maintains its lean profile. Therefore, caloric values may vary slightly based on culinary preparation.

Health Benefits and Dietary Considerations

The nutritional attributes of pork tenderloin make it a beneficial inclusion in diverse dietary regimens. Its lean protein profile supports muscle health, weight management, and satiety without excessive fat intake.

Role in Muscle Building and Weight Management

High-quality protein from pork tenderloin aids in muscle synthesis and repair, which is particularly important for athletes or individuals engaged in resistance training. Additionally, its low fat and calorie content assist in maintaining a caloric deficit for weight loss.

Potential Dietary Restrictions

While pork tenderloin is nutrient-dense, some individuals may avoid pork due to religious, ethical, or allergy-related reasons. Moreover, those managing cholesterol or saturated fat intake should consider portion sizes and preparation methods to align with health goals.

Incorporating Pork Tenderloin into a Balanced Diet

To maximize health benefits, pork tenderloin should be combined with a variety of vegetables, whole grains, and healthy fats. Cooking methods that preserve its lean qualities, such as grilling or baking, are recommended. Additionally, seasoning with herbs and spices can enhance flavor without adding excessive sodium.

- Grill or roast pork tenderloin for a low-fat meal
- Pair with fiber-rich vegetables to promote digestion
- Use herbs like rosemary or thyme to enhance taste naturally
- Limit added sugars and high-sodium sauces
- Incorporate in meal plans for balanced macronutrient distribution

Frequently Asked Questions

What is the calorie content in 100g of pork tenderloin?

100 grams of pork tenderloin contains approximately 143 calories.

How much protein does 100g of pork tenderloin provide?

100 grams of pork tenderloin provides about 22 grams of protein.

What is the fat content in 100g of pork tenderloin?

There are roughly 3.5 grams of fat in 100 grams of pork tenderloin.

Does pork tenderloin contain carbohydrates?

Pork tenderloin contains 0 grams of carbohydrates per 100 grams.

Is pork tenderloin a good source of vitamins?

Yes, pork tenderloin is a good source of B vitamins, especially vitamin B6 and B12.

How much cholesterol is in 100g of pork tenderloin?

100 grams of pork tenderloin contains about 62 milligrams of cholesterol.

What minerals are found in pork tenderloin?

Pork tenderloin contains important minerals such as zinc, phosphorus, and selenium.

Is pork tenderloin low in calories compared to other cuts of pork?

Yes, pork tenderloin is one of the leaner and lower-calorie cuts of pork, making it a healthier option.

Additional Resources

1. Pork Tenderloin Nutrition Facts: A Comprehensive Guide

This book delves into the detailed nutritional profile of pork tenderloin, focusing on a 100-gram serving. It covers macronutrients like protein, fat, and carbohydrates, as well as essential vitamins and minerals found in this lean cut. Readers will gain insights into how pork tenderloin fits into various dietary plans and its benefits for muscle growth and overall health.

2. Healthy Eating with Pork Tenderloin: Nutritional Insights and Recipes

Combining nutrition facts with practical cooking advice, this book offers readers a complete understanding of pork tenderloin's role in a balanced diet. It highlights the nutrient density of a 100g portion and provides delicious, health-focused recipes. The book is perfect for those looking to enjoy pork tenderloin while maintaining nutritional goals.

3. Lean Protein Power: Pork Tenderloin Nutrition Explored

Focusing on pork tenderloin as a source of lean protein, this book presents the nutritional facts of a 100-gram serving and discusses its benefits for weight management and fitness. It explains how pork tenderloin compares with other protein sources and offers tips for incorporating it into a healthy diet.

4. Pork Tenderloin and Nutritional Science: What 100 Grams Can Tell You

This scientific approach to pork tenderloin nutrition examines the nutrient composition of a 100g serving, including amino acid profiles and micronutrients. It explains the biological impact of pork tenderloin consumption and its place in nutrition science research. Ideal for nutrition students and health enthusiasts.

5. The Ultimate Pork Tenderloin Nutrition Handbook

A detailed handbook that breaks down the nutritional facts of pork tenderloin per 100 grams, covering calories, fats, proteins, vitamins, and minerals. It also includes comparisons with other meats and advice on choosing and preparing pork tenderloin for maximum health benefits. This book is an essential resource for dietitians and food lovers alike.

6. Nutritional Benefits of Pork Tenderloin: A 100g Serving Analysis

This book focuses on the health benefits derived from consuming pork tenderloin, emphasizing the nutrient content in 100 grams. It discusses how pork tenderloin supports muscle repair, immune function, and heart health. Readers will also find guidance on portion control and integrating pork tenderloin into various diets.

7. Smart Nutrition: Pork Tenderloin Facts and Healthy Living

A practical guide that presents the nutritional facts of pork tenderloin per 100 grams alongside tips for healthy meal planning. The book encourages mindful eating by highlighting the nutrient density and low fat content of pork tenderloin. It also includes lifestyle advice for maintaining a balanced diet.

8. Understanding Pork Tenderloin Nutrition: Facts for Fitness Enthusiasts

Designed for athletes and fitness buffs, this book explores the nutrition facts of pork tenderloin, focusing on a 100g serving's protein content and energy value. It explains how pork tenderloin supports muscle building, recovery, and overall fitness goals. The book also offers meal prep suggestions to optimize nutrient intake.

9. Pork Tenderloin Nutrition Facts Explained: A Guide to Healthy Consumption

This guide breaks down the essential nutrition facts of pork tenderloin in 100 grams, including macro and micronutrients. It provides readers with knowledge to make informed dietary choices and includes tips on cooking methods that preserve nutritional value. Ideal for anyone seeking to understand and enjoy pork tenderloin healthfully.

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