

Pulled Pork Barbecue

Servings:	350.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Complex Food Prep

Pork Barbecue

Nutrition Information

Calories	84.27	Protein	3.44g
Fat	0.43g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	10.29mg
Carbohydrates	17.26g	Fiber	0.00g
Sugar	16.76g	Sodium	354.91mg
Iron	0.41mg	Vitamin C	1.26mg
Vitamin A	139.49IU	Calcium	11.43mg

Ingredients

150 Pound Pork, Leg Roast, Frozen

BAKE

Thaw several days in advance before cooking. Sprinkle with a little salt & pepper and bake until reaches internal temp of 145 degrees or above

400 Fluid Ounce KETCHUP CAN 33% FCY 6-10 CRWNCOLL

6 Pound SUGAR BROWN LT 12-2 PION

1 Cup VINEGAR WHT DISTILLED 5% 4-1GAL GFS

1/2 Gallon Water

UNPREPARED

3/4 Cup SPICE ONION POWDER 19Z TRDE

3/4 Cup SPICE GARLIC POWDER 21Z TRDE

Preparation Instructions