



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-06-2013)

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100173 – PORK, LEG ROAST, FROZEN, 36-42 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen boneless, trimmed, netted pork leg (fresh ham) roast prepared from U.S. inspected fresh domestic pork.
PACK/YIELD	<ul style="list-style-type: none"> Individual roasts are vacuum packaged and packed 36-42 lbs net weight per case. One lb AP pork roast (fresh ham) yields about 0.45 lb cooked trimmed, sliced lean meat and provides about 7.20 servings 1 oz cooked lean meat.. CN Crediting: 1 oz cooked pork provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen pork roasts in original shipping container off the floor at or below 0 °F. Refrigerate leftover pork covered and labeled in a dated container and use within 2 days Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> TO THAW: Remove packages from shipping containers and place them in single layers on sheet pans in the refrigerator. At temperatures below 40°F, it will take 1-2 days to thaw the meat sufficiently. Frozen meat may be roasted without thawing first, but roasting time must be increased by approximately 1½ times.

Pork, fresh, leg, rump half, separable lean and fat only, roasted

	1 oz (28 g)
Calories	69
Protein	4.94 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	5.35 g
Saturated Fat	1.854 g
Trans Fat	0 g
Cholesterol	27 mg
Iron	0.24 mg
Calcium	3 mg
Sodium	13 mg
Magnesium	6 mg
Potassium	89 mg
Vitamin A	2 IU
Vitamin A	0 RAE
Vitamin C	0.2 mg
Vitamin E	0 mg



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PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none"> Season fresh ham roast. Preheat oven to 325 °F and allow approximately 20-25 minutes per lb. Internal temperature of the roasts should reach 145 °F for 4 minutes. Judge doneness by temperature, not by color or texture of food. Let stand for 2 minutes after cooking.
USES AND TIPS	<ul style="list-style-type: none"> When cooked, pork roast can be served sliced, diced, and chopped for sandwiches, salads, casseroles, and entree items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching meat and poultry. Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water. Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.