



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 05-21-12)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

**100139 – PORK, CANNED, W/NATURAL JUICES, FULLY COOKED, 24 OZ**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>This item consists of coarse ground pork cooked in its own juices for use in a variety of applications, including barbecue pork, pizza, soups, stews, spaghetti sauce, vegetable stir-fry, casseroles, and similar items.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>24/24 oz cans per case.</li> <li>One 24 oz can AP provides about 12.24 1-oz servings heated, drained pork.</li> <li>One lb AP yields 0.51 lb heated, drained pork and provides about 8.16 1-oz servings heated, drained pork.</li> <li>CN Crediting: 1 oz heated, drained pork provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pork in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned pork covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Pork, canned with juices, salt added

	1 oz (28 g)	¼ cup (56 g)
Calories	60	120
Protein	5.5 g	11 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	4.0 g	8.0 g
Saturated Fat	1.5 g	3.0 g
Trans Fat	0 g	0 g
Cholesterol	17.5 mg	35 mg
Iron	0.18 mg	0.36 mg
Calcium	0 mg	0 mg
Sodium	95 mg	190 mg
Magnesium	5.5 mg	11 mg
Potassium	68 mg	136 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	.075 mg	.15 mg



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<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Chill canned pork overnight for easy removal of fat and/or slicing. Use natural juices as part of the liquid required by any recipe. Chill only as many cans needed for one day. Using a can opener, remove both the bottom and top lids of the can and push the pork through with the bottom lid.</li> <li>• Heat processed ready-to-eat beef and pork products until they reach a temperature of 165 °F for at least 15 seconds as measured by a thermometer.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Canned pork is thoroughly cooked during processing and may be used in main dishes, such as barbecue pork, pizza, soups, stews, spaghetti sauce, vegetable stir-fry, casseroles, and similar items. Substitute canned, drained pork for cooked ground pork, cooked pork cubes, or similar cooked meats in recipes.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DO NOT TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

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.

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