

SHREDDED BBQ PORK

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12312
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320

Preparation Instructions

Use a #8 scoop

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	198.00
Fat	6.20g
SaturatedFat	2.10g
Trans Fat	0.04g
Cholesterol	44.00mg
Sodium	239.90mg
Carbohydrates	18.00g
Fiber	1.40g
Sugar	16.00g
Protein	16.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	174.61
Fat	5.47g
SaturatedFat	1.85g
Trans Fat	0.04g
Cholesterol	38.80mg
Sodium	211.56mg
Carbohydrates	15.87g
Fiber	1.23g
Sugar	14.11g
Protein	14.82g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.46mg	Iron 0.00mg

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