

SHREDDED BBQ PORK



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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