

# BROOKWOOD FARMS BBQ PORK



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 1.00                   | Category:      | Entree           |
| Serving Size: | 4.00 Ounce             | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-36904          |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PORK PULLED BBQ LO SOD 4-5 BROOKWD | 4 Ounce     |                   | 498702     |

## Preparation Instructions

Preparation & Cooking  
OVEN: BAKE AT 350 DEGREES F FOR 30 MINUTES OR UNTIL INTERNAL TEMPERATURE IS 160 DEGREES F.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 230.00   |                  |        |
| <b>Fat</b>           | 8.00g    |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat*</b>    | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 65.00mg  |                  |        |
| <b>Sodium</b>        | 250.00mg |                  |        |
| <b>Carbohydrates</b> | 16.00g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 21.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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

## Nutrition - Per 100g

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 202.83   |                  |        |
| <b>Fat</b>           | 7.05g    |                  |        |
| <b>SaturatedFat</b>  | 2.20g    |                  |        |
| <b>Trans Fat*</b>    | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 57.32mg  |                  |        |
| <b>Sodium</b>        | 220.46mg |                  |        |
| <b>Carbohydrates</b> | 14.11g   |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 18.52g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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