

# Pulled Pork BBQ



Servings:	160.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15862
School:	ANDERSON COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK HAM BNLS RAW NETTED	20 Pound	steam pork for 3-4 hours. Temp should be 165 degrees. When done you can pull it. Or cool down to 41 then pull. Either way you should start cooling down	441224
SAUCE BBQ	2 Gallon		655937
SUGAR BROWN LT	1 Package		860311
ONION DEHY SUPER TOPPER	1 Pint		223255
SAUCE WORCESTERSHIRE	1/2 Cup		109843
SMOKE LIQUID	1/4 Cup		242152

## Preparation Instructions

Once the pork is pulled mix all other ingredients. Must heat to temp of 165 to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 160.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	234.38		
<b>Fat</b>	9.01g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	671.65mg		
<b>Carbohydrates</b>	29.40g		
<b>Fiber</b>	0.08g		
<b>Sugar</b>	27.25g		
<b>Protein</b>	8.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.48mg	<b>Iron</b>	0.52mg

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

## Nutrition - Per 100g

<b>Calories</b>	413.37		
<b>Fat</b>	15.88g		
<b>SaturatedFat</b>	5.29g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	61.73mg		
<b>Sodium</b>	1184.59mg		
<b>Carbohydrates</b>	51.85g		
<b>Fiber</b>	0.13g		
<b>Sugar</b>	48.06g		
<b>Protein</b>	15.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.14mg	<b>Iron</b>	0.91mg

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