

Pork Roast with Rice Pilaf USDA



| | | | |
|---------------|-----------------|----------------|------------------|
| Servings: | 150.00 | Category: | Entree |
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-52833 |
| School: | Key High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork | 300 Ounce | | 10856 |
| Brown Rice Pilaf USDA Recipe for Schools | 75 Cup | | 51580 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat | 2.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.250 |
| RedVeg | 0.250 |
| OtherVeg | 0.250 |
| Beans, Peas, and Lentils | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 2.00 Ounce

| Amount Per Serving | | | |
|----------------------|------------|------------------|--------|
| Calories | | 230.73 | |
| Fat | | 5.68g | |
| Saturated Fat | | 2.23g | |
| Trans Fat | | 0.00g** | |
| Cholesterol | | 29.71mg | |
| Sodium | | 387.02mg | |
| Carbohydrates | | 29.84g | |
| Fiber | | 2.75g** | |
| Sugar | | 5.80g | |
| Added Sugar | | 0.00g** | |
| Protein | | 15.06g | |
| Vitamin A | 1019.02mcg | Vitamin C | 9.14mg |
| Calcium | 45.78mg | Iron | 1.32mg |

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

| | | | |
|----------------------|------------|------------------|---------|
| Calories | | 406.94 | |
| Fat | | 10.02g | |
| Saturated Fat | | 3.93g | |
| Trans Fat | | 0.00g** | |
| Cholesterol | | 52.40mg | |
| Sodium | | 682.59mg | |
| Carbohydrates | | 52.62g | |
| Fiber | | 4.85g** | |
| Sugar | | 10.24g | |
| Added Sugar | | 0.00g** | |
| Protein | | 26.56g | |
| Vitamin A | 1797.24mcg | Vitamin C | 16.12mg |
| Calcium | 80.74mg | Iron | 2.32mg |

**One or more nutritional components are missing from at least one item on this recipe.