

Pulled Pork

Servings:	28.00	Category:	Entree
Serving Size:	2.00 ounce weight (cooked)	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53004

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Region Roots-Fischer Farms Pulled Pork	5 Pound		RRPork1
JUICE APPLE 100 FRSH	1 Each		118921

Preparation Instructions

Note: Product Formulation Statement 2.78 ounce raw meat = 2 ounce cooked meat that is 2 oz equivalents of Meat/Meat Alternative

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 28.00			
Serving Size: 2.00 ounce weight (cooked)			
Amount Per Serving			
Calories		346.57	
Fat		26.58g	
Saturated Fat		0.00g	
Trans Fat		9.34g	
Cholesterol		82.61mg	
Sodium		459.76mg	
Carbohydrates		1.90g	
Fiber		0.72g	
Sugar		0.43g	
Added Sugar		0.00g	
Protein		22.99g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	14.77mg	Iron	1.37mg

Nutrition - Per 100g

No 100g Conversion Available