

BBQ Nachos

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11521
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD	3 Ounce	Prepare from frozen state. Bake at 350 degrees until internal temperature is 165 degrees.	498702

Preparation Instructions

Prepare from a frozen state. Bake at 350 degrees until the internal temperature is 165 degrees.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

4 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	224.25
Fat	12.75g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	53.25mg
Sodium	174.75mg
Carbohydrates	12.75g
Fiber	0.00g
Total Sugar	12.00g
Added Sugar	0.00g
Protein	13.50g
Vitamin A 1237.50mcg	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.30mg

Nutrition - Per 100g

Calories	197.75		
Fat	11.24g		
Saturated Fat	3.97g		
Trans Fat	0.00g		
Cholesterol	46.96mg		
Sodium	154.10mg		
Carbohydrates	11.24g		
Fiber	0.00g		
Total Sugar	10.58g		
Added Sugar	0.00g		
Protein	11.90g		
Vitamin A	1091.29mcg	Vitamin C	0.00mg
Calcium	52.91mg	Iron	2.02mg