

# BBQ Nachos



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11521
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

## Nutrition - Per 100g

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