

BBQ Pulled Pork

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54861
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ	1 Tablespoon		212071
Pulled Pork	3 Ounce		110730*

Preparation Instructions

Mix BBQ sauce and pork together

Cook pulled pork according to directions on package. Heat to 165*

Use #16 Scoop

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
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: 3.00 Ounce

Amount Per Serving	
Calories	173.00
Fat	7.50g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	54.00mg
Sodium	448.00mg
Carbohydrates	8.50g
Fiber	0.00g
Total Sugar	8.00g
Added Sugar	8.00g
Protein	16.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.18mg

Nutrition - Per 100g

Calories	203.41
Fat	8.82g
Saturated Fat	3.53g
Trans Fat	0.00g
Cholesterol	63.49mg
Sodium	526.75mg
Carbohydrates	9.99g
Fiber	0.00g
Total Sugar	9.41g
Added Sugar	9.41g
Protein	19.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.21mg