

# Pork Carnitas

NO IMAGE

<b>Servings:</b>	12.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 TACO	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29360
<b>School:</b>			

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	48 Ounce	4 oz weight per portion of carnitas	110730*
LIME	2 Each		197963
ORANGES NAVEL/VALENCIA FCY	3 Each		198021
SPICE GARLIC POWDER	2 Teaspoon		513857
SEASONING TACO SLT FR	2 Teaspoon		605062
TORTILLA FLOUR ULTRGR 6"	24 Each		882690

## Preparation Instructions

For Tacos:

1. defrost Pork
2. when thawed put pork with juices into 4 inch steam table pan
3. add seasonings and orange and lime juice stir together
4. cook at 350 for 25 mins until temp reaches 165 or greater
5. serve on 2 6inch tortillas with 2 oz weight of meat on each

For Nachos :

1. prepare carnitas according to recipe
2. add 3 oz of desire cheese on top of 4 oz of pork carnitas meat
3. add 2 oz of commercial bulk corn tortilla chips in a clamshell or 8 oz paper boat (approx 14 chips meets a 2 GR equivalent)

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<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: 12.00

Serving Size: 2.00 TACO

Amount Per Serving	
<b>Calories</b>	380.04
<b>Fat</b>	16.08g
<b>Saturated Fat</b>	8.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.00mg
<b>Sodium</b>	555.88mg
<b>Carbohydrates</b>	34.13g
<b>Fiber</b>	4.96g
<b>Total Sugar</b>	2.17g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	26.32g
<b>Vitamin A</b> 57.33mcg RAE	<b>Vitamin C</b> 14.16mg
<b>Calcium</b> 60.69mg	<b>Iron</b> 2.17mg

## Nutrition - Per 100g

<b>Calories</b>	335.13
<b>Fat</b>	14.18g
<b>Saturated Fat</b>	7.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.49mg
<b>Sodium</b>	490.20mg
<b>Carbohydrates</b>	30.09g
<b>Fiber</b>	4.38g
<b>Total Sugar</b>	1.91g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	23.21g
<b>Vitamin A</b> 50.56mcg RAE	<b>Vitamin C</b> 12.49mg
<b>Calcium</b> 53.51mg	<b>Iron</b> 1.91mg