

Pulled Pork Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54862
School:	Joan Martin Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BBQ Pulled Pork	3 Ounce	Mix BBQ sauce and pork together Cook pulled pork according to directions on package. Heat to 165* Use #16 Scoop	R-54861

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

Component	Amount
Meat/Meat Alternate	1.500
Grain	2.000
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: 2.00 Sandwich

Amount Per Serving	
Calories	323.00
Fat	9.50g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	54.00mg
Sodium	688.00mg
Carbohydrates	33.50g
Fiber	3.00g
Total Sugar	12.00g
Added Sugar	11.00g
Protein	21.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.18mg

Nutrition - Per 100g

Calories	126.59
Fat	3.72g
Saturated Fat	1.37g
Trans Fat	0.00g
Cholesterol	21.16mg
Sodium	269.65mg
Carbohydrates	13.13g
Fiber	1.18g
Total Sugar	4.70g
Added Sugar	4.31g
Protein	8.43g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 11.76mg	Iron 0.85mg