

BBQ Pulled Pork

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54847
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ	2 Tablespoon		212071
Pulled Pork	4 Ounce		110730*

Preparation Instructions

Mix BBQ sauce and pork together

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

Use #8 scoop

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	254.00
Fat	10.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	694.00mg
Carbohydrates	17.00g
Fiber	0.00g
Total Sugar	16.00g
Added Sugar	16.00g
Protein	22.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.36mg

Nutrition - Per 100g

Calories	223.99
Fat	8.82g
Saturated Fat	3.53g
Trans Fat	0.00g
Cholesterol	63.49mg
Sodium	611.99mg
Carbohydrates	14.99g
Fiber	0.00g
Total Sugar	14.11g
Added Sugar	14.11g
Protein	19.40g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.32mg