

BBQ Pulled Pork

Servings:	40.00	Category:	Entree
Serving Size:	4.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58523

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	10 Pound	USDA Brown Box Commodity---Thaw	110730*
SAUCE BBQ	3 1/3 Cup	N/A	734136

Preparation Instructions

Use 4B pan and a holey pan for the pulled pork. Place two 5 pound pouches or one 10 pound pouch of pulled pork into the holey pan. Turn oven on to steam mode at 212°F. This will cook for about 30 minutes. Once it is cooked you will want to drain out the water and place the pulled pork in a sprayed 4B pan. Next, you will add the BBQ sauce to the meat and stir. Cover and place in warmer.

Serving= 4 ounce weight

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: 40.00

Serving Size: 4.00 ounce weight

Amount Per Serving	
Calories	222.69
Fat	10.07g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	700.17mg
Carbohydrates	9.32g
Fiber	0.20g
Total Sugar	5.33g
Added Sugar	4.66g
Protein	22.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	196.38
Fat	8.88g
Saturated Fat	3.53g
Trans Fat	0.00g
Cholesterol	63.49mg
Sodium	617.43mg
Carbohydrates	8.22g
Fiber	0.18g
Total Sugar	4.70g
Added Sugar	4.11g
Protein	19.58g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg