

Pulled Pork BBQ On a Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57998
School:	Walton-Verona MiddleHigh		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ SEMI DRY BROOKWD	2 1/2 Ounce	Basic Preparation Reheat in oven at 350 degrees F for 30 minutes in foil pan until internal temperature reaches 160 degrees F.	801860
wg 4 inch Hamburger Bun x	1 1 bun		3474

Preparation Instructions

OR steam to 165F

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00 Serving

Amount Per Serving	
Calories	335.71
Fat	16.29g
Saturated Fat	5.71g
Trans Fat	0.00g
Cholesterol	57.14mg
Sodium	295.71mg
Carbohydrates	27.00g
Fiber	2.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	20.29g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 76.25mg	Iron 2.79mg

Nutrition - Per 100g

Calories	473.70
Fat	22.98g
Saturated Fat	8.06g
Trans Fat	0.00g
Cholesterol	80.63mg
Sodium	417.26mg
Carbohydrates	38.10g
Fiber	2.82g
Total Sugar	5.64g
Added Sugar	0.00g
Protein	28.62g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 107.59mg	Iron 3.93mg