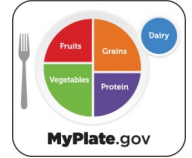




USDA Foods in Schools

100139 - Pork, Coarse Ground, Cooked, Canned
Category: Meat/Meat Alternate



Product Description

- This item is coarse ground pork cooked in its own juices and canned. This product is delivered in cases containing twenty-four 24-ounce cans.

Crediting/Yield

- One case of canned pork provides about 439 1-ounce servings.
- CN Crediting: 1 ounce of heated canned pork credits as 1 ounce equivalent meat/meat alternate.

Culinary Tips and Recipes

- Canned pork can be heated and served as a protein component in a variety of different dishes, such as barbeque pork, soups, stews, or casseroles.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 2 ounces (56 g)/2 MMA canned pork

Amount Per Serving

Calories 120

Total Fat 8g

Saturated Fat 3g

Trans Fat 0g

Cholesterol 35mg

Sodium 150mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Includes 0g Added Sugars

Protein 9g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.