

BBQ Pulled Pork on Whole Grain Bun

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pork, seasoned, Cuban brand, cooked (USDA Foods)*	24 lb	3 bags (each 8 lb)			Heat seasoned pork according to directions. 1. Drain pork. 2. Add barbeque sauce to drained pork, stirring gently. CCP: Cook pork and hold above 135° F. CCP: Hold at or above 135° before and during service. 3. Serve 3.85 oz of pork and sauce on bun. Notes: <ul style="list-style-type: none"> Each 8 lb bag of seasoned pork provides approximately 35 portions.
Barbeque sauce	4 lb 6 oz				
Whole grain hamburger buns (43 g)		100 count			

*Iowa Processed USDA Foods

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate, 1 ¾ serving grains/breads.	100 servings

Nutrients Per Serving

Calories	375	Vitamin A	0 IU	Iron	2.24 mg
Protein	37 g	Vitamin C	0 mg	Calcium	100 mg
Carbohydrate	30 g	Dietary Fiber	1.00 g	Cholesterol	100 mg
Fat	11 g	% Fat	27%	Sodium	870 mg
Saturated Fat	3 g	% Saturated Fat	7.7%		