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001530 - Pork for Tacos 2017

Source: 11/2017 BSH

Number of Portions: 350

Size of Portion: 1 oz

Bend-LaPine Nutrition Services

 Recipe Master List Dec 2, 2019

 Recipe HACCP Process: #3 Complex Food Preparation

| Meat/Alt: Grains: Fruit: Vegetable: Milk: | 1 oz0 oz0 Cup0 Cup0 Cup |
| --- | --- |

| 799986 SALT, KOSHER................051518 Pork, Leg Roast, Frozen.... | 1/2 CUP40 LB | 1. Remove Pork from package, leaving trussing on pork leg.
2. Salt pork leg with kosher salt
3. Spray roasting pans with pan spray and add 4 roasts per pan, cover with saran and foil.
4. Steam until tender and temperature reaches 165 for 15 seconds, about 4 hours, be sure not to over-cook. CCP: Heat to 165° F or higher for at least 15 seconds
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| --- | --- | --- |
|  |  | CCP: Cool to 41° F or lower within 4 hours. |
| 902972 SALSA VERDE.................014429 WATER,MUNICIPAL.........903135 CUMIN, GROUND............. | 1/2 (1 can)4 QT1/4 CUP | 1. Once pork is cooked, remove the trussing and buffalo shop into large chunks.
2. Add Salsa verde, water, and cumin to pork
3. Portion into 5 lb. portions making 80 servings., and cool uncovered until 41 degrees.
4. On-Site, re-heat to 165 for 15 seconds, serve 1 oz. for 1 m/ma

CCP: Heat to 165° F or higher for at least 15 seconds |

\*Nutrients are based upon 1 Portion Size (1 oz)

| Calories | 88 | kcal | Cholesterol | 44.43 | mg | Sugars | \*0.00\* | g | Calcium | 0.33 | mg | 19.01% | Calories from Total Fat |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Total Fat | 1.85 | g | Sodium | 174.18 | mg | Protein | 14.81 | g | Iron | 0.66 | mg | 0.00% | Calories from Sat Fat |
| Saturated Fat | 0.00 | g | Carbohydrate | 0.12 | g | Vitamin A | 12.15 | IU | Water¹ | \*10.82\* | g | \*0.00%\* | Calories from Trans Fat |
| Trans Fat² | \*0.00\* | g | Dietary Fiber | 0.12 | g | Vitamin C | 0.00 | mg | Ash¹ | \*0.01\* | g | 0.55% | Calories from Carbohydrates |
|  |  |  |  |  |  |  |  |  |  |  |  | 67.61% | Calories from Protein |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.