

Cooking for Kids

Recipe Sizing Report

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Jan 28, 2022

000163 - BBQ Pork Sandwich :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011949 CATSUP,LOW SODIUM..... 002048 VINEGAR,CIDER..... 083730 MUSTARD YELLOW PREPARED..... 002026 ONION POWDER..... 901530 SUGARS,BROWN,LIGHT..... 002007 CELERY SEED..... 002030 PEPPER,BLACK.....	2 lbs 1 qt 1 cup 1/4 cup 3 CUPS (packed) 1/4 cup 2 TSP (ground)	1. In a large pot on medium heat, combine catsup, vinegar, mustard, onion powder, brown sugar, celery seed, and black pepper. Heat to simmer.
014429 BEVERAGES,H2O,TAP,MUNICIPAL... 020027 CORNSTARCH.....	3 cups 2 1/2 cups	2. Combine water and cornstarch to form a slurry and add to simmering sauce mixture, stirring constantly until mixture thickens.
120941 Pork Shreds..... 902962 Bread, Whole Grain Bun 2oz.....	19 lbs 100 Each	3. Place pork in steam pan and pour in BBQ sauce, stir until fully incorporated. Simmer for 30 minutes or cover with foil and place in 350° F oven for 45 minutes or until internal temperature reaches 165° F. 4. Serve hot on warmed bun.

*Nutrients are based upon 1 Portion Size (1 Each)

Calories	271 kcal	Cholesterol	50 mg	Sugars	*4.0* g	Calcium	74.01 mg	14.55%	Calories from Total Fat
Total Fat	4.37 g	Sodium	488 mg	Protein	19.70 g	Iron	2.09 mg	3.71%	Calories from Saturated Fat
Saturated Fat	1.11 g	Carbohydrates	38.48 g	Vitamin A	*48.2* IU	Water ¹	*22.65* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.15 g	Vitamin C	*1.7* mg	Ash ¹	*0.39* g	56.90%	Calories from Carbohydrates
								29.12%	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.