

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: 50 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.....	1 lb 2 cups 1/2 cup 2 Tbsp 1 1/2 CUPS (packed) 2 Tbsp 1 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.....	1 1/2 cups 1 1/4 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.....	9 lbs + 8 ozs 50 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.