

Caribbean Pork Tacos - CACFP

General Information

Recipe #	Category	Source
1981098	Lunch Entree	Local

Ingredients

Name	Quantity	Quantity + 2
Cabbage, raw	2 oz. shredded	
Onions, Red, Diced, 3/8", Fresh, 2/5#, Cross Valley Farms, 536914	1 oz.	
Lime juice, raw	¾ tsp.	
Salt, table	< ½ tsp.	
Coriander (cilantro) leaves, raw	1 tbsp. < ½ tsp. ground	
Spices, pepper, black		
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	1 ¼ oz.	
Spices, cumin seed	< ½ tsp. ground	
Spices, chili powder	½ tsp.	
Coriander (cilantro) leaves, raw	1 ½ tsp.	
Salt, table	< ½ tsp.	
Lime juice, raw	½ tsp.	
Pork Shreds, Sous Vide, 240/2.23oz, 33.5#, 2M, Comida Vida, 470510	6 ¾ oz.	
Tortilla, Flour, 6", Whole Wheat, 24/12ct, 19.5#, 1WG, Mission, 10462	6 tortilla	



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Serving Size	Yield
1 Each	6.00

Nutrition Facts

Serving Size 1 Each (83 gm)

Amount Per Serving	
Calories	137.493
% Daily Value*	
Total Fat 3.306 gm	5.086%
Saturated Fat 1.015 gm	5.077%
Trans Fat 0.000* gm	
Cholesterol 20.428 mg	6.809%
Sodium 320.885 mg	13.37%
Total Carbohydrate 16.140 gm	5.38%
Dietary Fiber 2.322 gm	9.289%
Total Sugars 0.636 gm	
Includes 0.000 gm of Added Sugars	
Protein 9.266 gm	18.533%
Vitamin A 2.152* mcg RAE	0.239%
Vitamin C 3.599* mg	5.999%
Vitamin D 0.000* mcg	
Calcium 85.336* mg	8.534%
Iron 1.002* mg	5.568%
Potassium 167.445* mg	3.563%
Saturated Fat % of Calories	6.646%
Added Sugar % of Calories	0.000 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

1. Combine shredded cabbage, onion, lime juice, salt, pepper, and cilantro. Set aside.
2. Make yogurt sauce: combine yogurt, cumin, chili powder, cilantro, salt and lime juice in a bowl.
3. In a hotel pan, or 12x20 inch pan, place pork. Cover and cook in a steamer or conventional oven at 350 degrees F for 10-15 minutes until it reaches an internal temperature of 165 degrees F.
4. Steam or bake the tortillas to heat through (best to use foil wrap). To serve place tortilla on plate, spread 1/8 cup cabbage mixture down the center, and top with 1 oz pork mixture and 0.5 Tbsp of yogurt sauce.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

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

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Grains	1 oz
Other Vegetables	0.125 cups

Added Sugar Limitations

Not applicable.

Vendors

Comida Vida 

Mission Foodservice 

US Foods 

Dates

Last Updated

01-04-2026

Created

09-24-2025

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