

# Caribbean Pork Tacos - NSLP

## General Information

Recipe #	Category	Source
1981100	Lunch Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Cabbage, raw	4 lbs.	shredded
Onions, Red, Diced, 3/8", Fresh, 2/5#, Cross Valley Farms, 536914	2 lbs.	
Lime juice, raw	½ c.	
Salt, table	2 tsp.	
Coriander (cilantro) leaves, raw	1 pt.	
Spices, pepper, black	1 tsp. ground	
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	2 lbs., 5 ⅞ oz.	
Spices, cumin seed	2 tsp. ground	
Spices, chili powder	1 tbsp., 1 tsp.	
Coriander (cilantro) leaves, raw	1 c.	
Salt, table	1 tsp.	
Lime juice, raw	1 tbsp., 1 tsp.	
Pork Shreds, Sous Vide, 240/2.23oz, 33.5#, 2M, Comida Vida, 470510	14 lbs.	
Tortilla, Whole Wheat, 9", 12/12ct, 17.7#, 2WG, Catallia, 40029	100 tortilla	

## Preparation Instructions

### HACCP Process: #3 - Complex Food Preparation

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 1/4 cup cabbage mixture down the center, and top with 2 oz pork mixture and 1 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.



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Serving Size	Yield
1 Each	100.00

## Nutrition Facts

### Serving Size 1 Each (160 gm)

Amount Per Serving	
Calories	234.987
% Daily Value*	
Total Fat	6.112 gm 9.403%
Saturated Fat	2.531 gm 12.654%
Trans Fat	0.001* gm
Cholesterol	40.855 mg 13.618%
Sodium	481.770 mg 20.074%
Total Carbohydrate	25.281 gm 8.427%
Dietary Fiber	3.645 gm 14.578%
Total Sugars	2.272 gm
Includes 0.000 gm of Added Sugars	
Protein	18.533 gm 37.065%
Vitamin A	4.304* mcg RAE 0.478%
Vitamin C	7.199* mg 11.998%
Vitamin D	0.000* mcg
Calcium	47.671* mg 4.767%
Iron	1.564* mg 8.691%
Potassium	523.889 mg 11.147%
Saturated Fat % of Calories	9.693 %
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	2 oz

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.

Dates

Last Updated	Created
09-24-2025	09-24-2025

Grains	2 oz
Other Vegetables	0.25 cups

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Catallia Premium Tortillas 🇲🇽
Comida Vida 🇲🇽
US Foods 🇺🇸

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