

# Orfalea Foundation- SFI

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Recipe Sizing Report

Sep 13, 2013

## 000189 - School Food BBQ Pork :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 10

Size of Portions: Lbs

000132R School Food Roasted Pork ..	6 lbs
000103R School Food BBQ Sauce.....	2 Quarts

Prepare and have on hand chilled School Food Roasted Pork and chilled School Food BBQ sauce. Shred and weigh out needed amount.

Note: Sauce is a **weighed** amount, not volume.

1. Oil the hotel pan well with pan spray.
2. Combine shredded pork and BBQ sauce in oiled hotel pan. If preparing multiple batches, weigh pork out in 6 lb. batches per hotel pan.
3. Cover with foil or hotel pan lid. Refrigerate until ready to re-heat.

### EQUIPMENT:

**Mechanized Shredding Equipment**

**1-Scale**

**1-4-inch hotel pan (per 6 lb. of pork)**

**Gloves**

**1-Measuring Cup, Quart**

**1-Hotel pan lid or aluminum foil to cover**

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

Calories	219 kcal	Cholesterol	0 mg	Protein	3.43 g	Calcium	62.55 mg	8.29%	Calories from Total Fat
Total Fat	2.01 g	Sodium	408 mg	Vitamin A	148.9 RE	Iron	1.41 mg	1.17%	Calories from Sat Fat
Sat Fat	0.28 g	Carbs	52.39 g	Vitamin A	1359.9 IU	Water <sup>1</sup>	*134.08* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.25 g	Vitamin C	26.3 mg	Ash <sup>1</sup>	*6.51* g	95.83%	Calories from Carbs
								6.28%	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

<sup>1</sup> - denotes optional nutrient values

**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.