

Pork Carnitas

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|--------------------|--------|-------------------------------------|--------------------------|--------------------|-------|
| Recipe: | R-0816 | HACCP Process: | Complex Food Preparation | | |
| # of Servings: | 80.00 | Serving Size: | 4 oz | Source: | LOCAL |
| Grams Per Serving: | 307.84 | Fat Change %: | 0.00 | Moisture Change %: | 0.00 |
| Cost Per Serving: | 0.00 | *** Incomplete Cost Per Serving *** | | | |

| Inventory Item Code | Ingredients | Measurements | Directions |
|---------------------|------------------------------|-------------------|--|
| | Fresh Vegetable, Onion | 3 LB | 1. Cook chopped onions in steamer for 10 minutes or until soft. |
| | Water, Cold | 2 GALLON | 2. Mix together water and chicken stock. Add cooked onions. |
| | Base, Chicken, Low Sodium | 5-1/3 OZ | |
| | Spice, Lime Juice | 8 OZ | 3. Stir in lime juice and seasonings. Mix pork into serving line pans. Pour chicken stock mixture over pork and mix well. Cover and store in cooler at 41° or lower overnight. |
| | Spice, Garlic Powder | 3 TBSP | |
| | Salt, Table | 1/4 CUP | |
| | Spice, Chili Powder | 1/4 CUP +1 TBSP | |
| | Spice, Oregano Leaf | 2-1/2 TSP. LEAVES | |
| | Spice, Cumin | 2-1/2 TSP | |
| | Pork, Pulled, Cooked, Frozen | 20 LB | 4. Day of Service: Heat oven to 350° and cook pork --COVERED-- for 30 minutes or until pork reaches 165°. Stir at least once during cooking. Remove from oven and drain off some of the juice. |
| | Bread, Tortilla Wrap, 10" | 80 EACH | 5. Portion 4 oz of pork onto each warm tortilla shell and wrap and serve. Can be served with SALSA and OR SOUR CREAM. |
| | | | 6. LEFTOVERS: If already wrapped, DISCARD!! If not, cool meat to 40° within 4 hours and store in cooler overnight and reheat next day to 165°, put in tortillas and serve immediately. |

Notes:

Production Notes: Count and record amounts before and after use on production record.

Serving Notes: Portion with 4 oz spoodle or #8 Disher.

Nutrients Per Serving: (per 4 oz)

| | | | | | |
|--------------|---------|----------------|----------|-------------|----------|
| Calories | 446.556 | Trans Fat (gm) | 4.050* | Iron (mg) | 1.959* |
| Protein (gm) | 28.797 | Chol (mg) | 101.248 | Calc (mg) | 188.581* |
| Carb (gm) | 36.920 | Vit A (IU) | 150.594* | Sodium (mg) | 1404.677 |
| Tot Fat (gm) | 16.212 | VitC (mg) | 1.267* | Fiber (gm) | 4.227 |
| Sat Fat (gm) | 6.065 | | | Sugars (gm) | 1.020* |

Note: * means nutrient data is missing or not available.

Meal Components: (per 4 oz)

| Fruit (Cups) | ----- Vegetables (Cups) ----- | | | | |
|-----------------------------|-------------------------------|--------------------------|--------------------|---------|-------------------|
| | Dark Green | Red/Orange | Beans/Peas | Starchy | Other |
| Whole Grain- Rich (Oz. Eq.) | 2.000 | Enriched Grain (Oz. Eq.) | Meat/Alt (Oz. Eq.) | 2.000 | Fluid Milk (Cups) |

Allergens:

Wheat, Soybeans