

Frozen Raw Pork Loin

Product Information



LFS code: LFS019
Farm: Pure Country Farms |
Jack Mountain Meats
Units/case: 6 approximately 8-lb.
packages
Case Weight: Approximately 48 lbs.
Servings/case: About 446

Product Description

Pork loin, raw, frozen, boneless

Crediting & Yield

- 1.72 oz. raw pork loin yields 1 oz. equivalent cooked meat/meat alternate.
- One 8-pound package of raw pork loin contains about 74 1.72-ounce portions. Package weight may vary.

Serving Size: 1.72 oz. raw weight
Meat or M/A: 1 oz. eq.
Grain: ---
Vegetables: ---
Fruit: ---

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Culinary Tips & Resources

- A lean and tender cut, pork loin can be glazed or seasoned and roasted to serve as a main entrée or used as a protein component in dishes such as stir fry, soups or tacos.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Recipe Ideas

- [Sweet and Sour Pork – USDA](#)
- [Pork Stir-fry – USDA](#)

Food Safety

For information on safe storage, cooking temperatures, and handling practices:

[Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Nutrition Facts

Serving Size: 1.72 ounce / 1 MMA of raw, pork shoulder or butt

Amount Per Serving

Calories 81

Total Fat 4g

Sat. Fat 1g

Trans Fat 0g

Cholesterol 31mg

Sodium 23mg

Carbohydrates 0g

Dietary Fiber 0g

Sugars 0g

Protein 10g

Source [USDA Data Food Central](#)