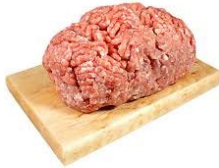


# Frozen Raw Ground Pork

## Product Information



LFS code: LFS067  
Farm: Pure Country  
Units/case: (4) 10-lb. packages  
Case Weight: 40 lbs.  
Servings/case: About 448

## Product Description

Pork, ground, raw, frozen, no more than 30% fat

## Food Safety

For more 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](#).

## Crediting and Yield

- One 10-pound package of raw ground pork contains about 112 1.43-ounce portions.
- One 40 pound case of raw ground pork contains about 448 1.43 ounce portions.

Serving Size: 1.43 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

- Ground pork can be cooked and used in a variety of dishes, such as spaghetti sauce, chili, casseroles, pasta dishes, or scrambled with eggs.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

## Recipe Ideas

- [Beef or Pork Burrito – USDA](#)
- [Lasagna with Ground Turkey and Pork - USDA](#)
- [Pizza Cup with Ground Pork Topping – USDA](#)
- [Spaghetti and Meat Sauce – USDA](#)

## Nutrition Facts

Serving Size: 1.43 ounce / 1 MMA of raw, ground pork

### Amount Per Serving

**Calories 107**

**Total Fat** 9g

Sat. Fat 3g

Trans Fat 0g

**Cholesterol** 29mg

**Sodium** 23mg

**Carbohydrates** 0g

Dietary Fiber 0g

Sugars 0g

**Protein** 7g