



PORK, WITH NATURAL JUICES, CANNED

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Code: 100139

PRODUCT DESCRIPTION

- Canned pork is ground pork cooked in its own juices with a small amount of salt added for flavor. It is ready to eat without heating, or added to your favorite recipe to be served either hot or cold.

PACK/YIELD

- Canned pork is packed in 24-ounce cans, which is about 3 cups or about 5 servings (3 ounces each) of pork.

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened canned pork in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Use for barbecue pork, pizza, soups, stews, spaghetti sauce, and casseroles.

NUTRITION INFORMATION

- 1 ounce of canned pork counts as 1 ounce in the MyPlate.gov Protein Group. For a 2,000-calorie diet the daily recommendation is about 5 ½ ounces. A serving of meat is about 3 ounces.

FOOD SAFETY INFORMATION:

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 3 ounces (84g) canned pork, drained

Amount Per Serving

Calories 180 **Calories from Fat** 100

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 4.5g **18%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 285mg **11%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 17g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

SOUTHWESTERN PORK SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- Nonstick cooking spray
- ½ cup onion, chopped
- 12 ounces (about ½ of a 24-ounce can) pork, drained
- 1 tablespoon chili powder
- 2 teaspoons dried oregano (if you like)
- ½ teaspoon ground cumin (if you like)
- 1 cup low-sodium canned kidney beans
- 1 cup low-sodium canned tomatoes, drained
- 2 cups chopped lettuce

- ½ cup shredded reduced-fat cheddar cheese

Directions

1. In a large skillet coated with nonstick cooking spray, cook the onion and pork until the onion is soft, about 5 minutes.
2. Stir in chili powder, beans, and tomatoes. If using oregano and cumin, add that too. Mix and cook for 1 minute.
3. Arrange lettuce onto a serving plate or in individual bowls. Top lettuce with pork mixture and sprinkle with cheese.

Nutritional Information for 1 serving (about 1 ½ cups) of Southwestern Pork Salad							
Calories	300	Cholesterol	75 mg	Sugar	3 g	Vitamin C	15 mg
Calories from Fat	130	Sodium	320 mg	Protein	27 g	Calcium	202 mg
Total Fat	14 g	Total Carbohydrate	17 g	Vitamin A	122 RAE	Iron	3 mg
Saturated Fat	7 g	Dietary Fiber	6 g				

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.

PIZZA MEAT LOAF

MAKES 6 SERVINGS

Ingredients

- 12 ounces (about ½ of a 24-ounce can) pork, drained
- ½ cup green pepper, chopped
- ¼ onion, finely chopped
- ¾ cup canned low-sodium tomato sauce
- ¼ cup low-fat cheese, shredded

Directions

1. Preheat oven to 350 degrees F.
2. Place pork in bottom of 9x9-inch baking pan or 9-inch pie pan.
3. Top with green peppers, onion, tomato sauce, and cheese.
4. Heat in oven for about 15 minutes until cheese is melted.

Nutritional Information for 1 serving of Pizza Meat Loaf							
Calories	140	Cholesterol	50 mg	Sugar	2 g	Vitamin C	16 mg
Calories from Fat	70	Sodium	160 mg	Protein	14 g	Calcium	58 mg
Total Fat	8 g	Total Carbohydrate	3 g	Vitamin A	12 RAE	Iron	1 mg
Saturated Fat	4 g	Dietary Fiber	1 g				

Recipe adapted from SNAP-ED Connection Recipe Finder