

USDA Foods Product Information Sheet

For Child Nutrition Programs



100173—Pork, Leg Roast, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is individual pork leg roasts in 6-10 pound packages. Each leg roast is netted and vacuum packaged for shipping and is delivered frozen in cases that are 36-42 pounds.

CREDITING/YIELD

- One case of pork leg roasts provides about 311-363 1-ounce portions of cooked meat.
- CN Crediting: 1 ounce of cooked pork leg roast credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Pork leg roast can be glazed and served as a main entrée or used as a protein component in dishes such as ham and potato soup, split pea soup, or egg dishes.
- Pork leg roast can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For more culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1 ounce (28 g)/1 MMA cooked pork leg roast

Amount Per Serving

Calories 47

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 24mg

Sodium 23mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 8g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.