

## Pork with Natural Juices, Canned/Pouch

MyPlate Food Group: **Protein**



### Product Description

- Canned or pouched 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.

### 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.

### Uses and Tips

- Use for barbecue pork, pizza, soups, stews, spaghetti sauce, and casseroles.
- Canned products are fully cooked, so it is safe to eat them without cooking.

### Nutrition Information

- 3 ounces of canned pork counts as 3 ounces in the MyPlate.gov Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

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

### Amount Per Serving

**Calories** 167      **Calories from Fat** 130

### -% Daily Value\*

<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 5g	<b>22%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 285mg	<b>11%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 5%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## 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.

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

## Pizza Meatloaf

**Makes about 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.

*Recipe adapted from SNAP-ED Connection Recipe Finder*