



Pulled Pork, Frozen

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of pulled pork counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Pulled pork supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Thaw frozen pulled pork in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Pulled pork can be added to soups, stews, or casseroles for a hearty meal.
- Add barbecue sauce to pulled pork for a quick and easy barbecue pork and serve on a whole-wheat bun. Serve with corn-on-the-cob and coleslaw for a quick summertime barbecue dinner!

Storing Foods at Home

- Keep pulled pork frozen at 0 degrees F until ready to use.
- After cooking, store any leftover pulled pork in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Personal Pulled Pork Pizza

Makes 1 serving

Ingredients:

- ½ English muffin
- 1 ½ tablespoons spaghetti or pizza sauce
- 1 tablespoon grated cheese (cheddar or mozzarella)
- 4 tablespoons pulled pork

Note: Add vegetables, fruits, or other cooked meats as a fun alternative!

Nutrition Facts: 190 Calories, 9g Fat, 35mg Cholesterol, 380mg Sodium, 16g Total Carbohydrate, 1g Dietary Fiber, 2g Sugars, 0g Added Sugars, 13g Protein, 136mg Calcium, 2mg Iron, 228mg Potassium

Recipe adapted from FoodHero.org

Directions: Wash hands with soap and water.

1. Lightly toast English muffin.
2. Spread with spaghetti sauce or pizza sauce.
3. Add cheese and pulled pork.
4. Bake 5-7 minutes until muffin is lightly browned and cheese is melted.
5. Allow to cool slightly before eating.

Pork and Pasta Skillet Dinner

Makes 10 servings

Ingredients:

- 1 ½ cups whole wheat penne pasta
- 1 pound pulled pork
- 1 medium onion, chopped
- 1 large zucchini, cut in half circles
- 2 large carrots, thinly sliced
- 1 (14 ½ ounce) can no-salt-added diced tomatoes, undrained
- 1 (8 ounce) can no-salt-added tomato sauce
- 1 teaspoon garlic powder
- 1 teaspoon black pepper

Nutrition Facts: 170 Calories, 6g Fat, 45mg Cholesterol, 65mg Sodium, 14g Total Carbohydrate, 2g Dietary Fiber, 5g Sugars, 0g Added Sugars, 15g Protein, 21mg Calcium, 2mg Iron, 466mg Potassium

Recipe adapted from The Oklahoma Nutrition Information and Education

Directions: Wash hands with soap and water.

1. Cook pasta according to package directions. Set aside.
2. Heat a large skillet over medium-high. Add pork and chopped onion. Cook 4-5 minutes or until browned, stirring throughout.
3. Stir in zucchini and carrots. Cook 5-7 minutes or until vegetables are fork-tender.
4. Stir in tomatoes, sauce, garlic powder, and pepper. Cover and cook 5-7 minutes.
5. Stir in cooked pasta. Cook 2-3 minutes or until heated through. Remove from heat and serve.