



Pulled Pork, Frozen

MyPlate Food Group: **Protein**



Nutrition Information

- Pulled pork is a meat product and can be found in the Protein group on ChooseMyPlate.gov.
- Pulled pork is a good source of protein, B vitamins and zinc.
- For specific information about pulled pork, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- This item is fully cooked and mildly seasoned.
- Pulled pork and can be used in chili, burritos, casseroles, sandwiches and pasta dishes.
- Thaw frozen pulled pork in the refrigerator or in the microwave by using the defrost setting.
- Heat thawed pulled pork immediately and do not refreeze.

Storing Foods at Home

- Store unopened, frozen pulled pork in the freezer until ready to use.
- After thawing, heat pulled pork to the appropriate heating temperature indicated in the manufacturer’s instructions on the packaging.

MyPlate Facts

- Pork is a good source of protein, zinc, and B vitamins including niacin, thiamin, riboflavin and vitamin B6.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Pork has zinc. Zinc helps the immune system work properly.
- B vitamins (niacin, thiamin, riboflavin, and vitamin B6) help the body release energy, aid in forming red blood cells, and help the nervous system work correctly.
- Fully cooked, mildly seasoned pulled pork contains saturated fat, cholesterol, and sodium.
- Diets high in saturated fat and cholesterol can increase your risk of heart disease.
- Diets high in sodium can increase your blood pressure and put you at risk for a stroke.



USDA Foods

Pulled Pork Sandwich with Cabbage and Carrot Slaw

Makes 8 servings

Ingredients

2 lbs thawed, fully cooked pulled pork
8 whole wheat dinner rolls or slider buns
1 head cabbage, shredded
2 carrots, shredded
1/4 cup vegetable oil
1/4 cup vinegar
1/4 teaspoon salt
1/4 teaspoon black pepper

Directions

1. Heat thawed pulled pork to the temperature recommended by the manufacturer and set aside.
2. In a medium bowl, mix the shredded cabbage and carrots.
3. In a small bowl, mix the vegetable oil, vinegar, salt and pepper.
4. Add the dressing to the cabbage mixture and coat thoroughly.
5. To make a sandwich, add pulled pork to the bottom sandwich bun and top with 1-2 tablespoons of slaw. Place the top portion of the bun on the slaw and enjoy!

Recipe adapted from SNAP Recipes. Food and Nutrition Services. United States Department of Agriculture

Pulled Pork Chile Stew

Makes 6 servings

Ingredients

2 tablespoons vegetable oil
1 yellow onion, diced
1 cup carrots, diced
2 chile peppers, diced (Hatch or jalapeño)
3 cloves garlic, diced
Salt and pepper, to taste
1 1/2 lbs cooked pulled pork
1/4 cup all-purpose flour
4 cups chicken broth
1 (15 ounce) can diced tomatoes
2 cups potatoes, cubed
1/2 teaspoon ground cumin

Directions

1. In a large pot, heat oil over medium heat. Add onion and carrot and cook for 5 minutes. Add chile peppers and garlic and cook for 2 minutes.
2. Season with salt and pepper. Stir in pulled pork and all-purpose flour.
3. Slowly stir in the chicken broth then add the tomatoes, potatoes, and cumin.
4. Bring the stew to a boil then reduce the heat and cover.
5. Simmer for 20-25 minutes. Stir every 5 minutes until potatoes are tender.

Recipe adapted from All Recipes