

Roasted Pork for Lo Mein

Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Salt		1 tsp			<p>1. Preheat oven to 350° F.</p> <p>2. Mix together salt, and black pepper in a small bowl. Evenly sprinkle the mixture over the pork roast.</p> <p>3. Place the roast(s) in a large roaster on a bed of the onion halves.</p> <p>4. Roast until fork-tender and falling apart, and the internal temperature is at least 165 °F (about 30 minutes per pound of roast). Remove the pork from the roasting pan and set it on a cutting board.</p> <p>5. Shred or thinly slice the meat.</p> <p>6. Immediate use in recipe for Lo Mein or refrigerate. If advanced prep, store in shallow pans and refrigerate immediately. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.</p>
Black pepper		2 tsp			
Onions, cut into halves		3 each			
Pork loin roast, ¼ inch trim		13 lb 4 oz with bone OR 10 lbs 13 oz boneless			

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Notes:

Nutrient Information from Food Processor

Serving: 2 oz meat cooked meat

1-2 years: ½ serving (1 oz)

3-5 years: ¾ serving (1 ½ oz)

6-18 years: 1 serving (2 oz)

Nutrients Per Serving

Calories

Protein

Carbohydrate

Total Fat

Saturated Fat

Cholesterol

Vitamin A

Vitamin C

Iron

Calcium

Sodium

Dietary Fiber (2016)