

PORK SLOPPY JOE, FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

10/29/02

Product Description

Pork Sloppy Joe consists of a mixture of fully cooked ground pork and seasonings, and may include vegetable protein. It is mixed with a mild flavored tomato-based barbecue sauce and is frozen.

Pack/Yield

- Pork Sloppy Joe is packed, frozen, in 4-pound bags.
- Each 4-pound bag will yield about 15 ½ -cup servings.

Storage

- Keep Pork Sloppy Joe frozen at 0°F or below in original package.
- Store leftover Pork Sloppy Joe in a covered container and refrigerate. Use within four days.

Preparation

Pork Sloppy Joe may be heated by:

- Placing sealed bag in boiling water for approximately 15 minutes. Open bag carefully to avoid being burned.
- Opening bag and cooking in a pan on medium heat until product reaches the temperature of 165°F.



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Uses and Tips

- Pork Sloppy Joe makes an excellent sandwich filling for lunch or dinner.
- Sautéed green peppers and onions can be added to serve over rice or mashed potatoes.

Nutrition Information

- **Pork Sloppy Joe** is an excellent source of protein.
- 4 ounces of Pork Sloppy Joe provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size ½ cup (120g) Cooked Pork Sloppy Joe	
Amount Per Serving	
Calories 160	Fat Cal 63
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2.5g	12%
Cholesterol 20mg	6%
Sodium 720mg	30%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Protein 14g	28%
Vitamin A 6%	Vitamin C 10%
Calcium 3%	Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet.	

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