

# PORK, PATTIES, BREADED, FROZEN

for use in the USDA Household  
Commodity Food Distribution Programs

10/29/02

## Product Description

Breaded Pork Patties are made from ground pork. They are breaded and fully cooked. They are Individually Quick Frozen (IQF), and may be round or oval.

## Pack/Yield

- Breaded Pork Patties are packed, frozen, in 4-pound bags.
- Each patty weighs between 3¾ and 4 ounces.
- Each 4-pound bag will yield between 15 and 17 patties.

## Storage

- Keep Breaded Pork Patties frozen at 0°F or below in original package.
- Store leftover Breaded Pork Patties in a covered container and refrigerate. Use within 4 days.

## Preparation

- Preheat oven to 350°F. Bake frozen product for 15-20 minutes. Bake thawed product for 12-15 minutes.
- Breaded Pork Patties should be reheated to an internal temperature of 165°F.



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## Uses and Tips

- Breaded Pork Patties are excellent in a sandwich or as a main entrée with gravy and mashed potatoes.

## Nutrition Information

- ***Breaded Pork Patties*** are an excellent source of protein and a good source of iron.
- A Breaded Pork Patty provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

### Nutrition Facts

Serving size 1 cooked breaded pork patty (109g)

#### Amount Per Serving

<b>Calories</b>	270	<b>Fat Cal</b>	162
<b>% Daily Value*</b>			
<b>Total Fat</b>	18g		<b>27%</b>
Saturated Fat	4.5g		<b>22%</b>
<b>Cholesterol</b>	30mg		<b>10%</b>
<b>Sodium</b>	390mg		<b>16%</b>
<b>Total Carbohydrate</b>	13g		<b>4%</b>
Dietary Fiber	2g		<b>8%</b>
<b>Protein</b>	15g		<b>30%</b>
Vitamin A	22%	Vitamin C	0%
Calcium	4%	Iron	12%

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

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