

100173 - Pork, Leg Roast, Raw, Frozen
Category: Meat/Meat Alternate**Product Description**

- This item is individual raw pork leg roasts in 6-10 pound packages. Each leg roast is netted and vacuum packaged for shipping. This product is delivered frozen in cases that contain 36-42 pounds.

Crediting/Yield

- One case of pork leg roasts provides about 311-363 1-ounce portions of cooked meat.
- CN Crediting: 1 ounce of cooked pork leg roast credits as 1 ounce equivalent meat/meat alternate.

Culinary Tips and Recipes

- Pork leg roast can be glazed and served as a main entrée or used as a protein component in dishes such as ham and potato soup, split pea soup, or egg dishes.
- Pork leg roast can also be used to add flavor to side dishes, such as collard greens or bean dishes.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1 ounce (28 g)/1 MMA cooked pork leg roast

Amount Per Serving

Calories 47

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 24mg

Sodium 23mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Includes 0g Added Sugars

Protein 8g

Source: [USDA FoodData Central](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.