



## PORK PATTIES, FROZEN

Date: November 2009

Code: A732

### PRODUCT DESCRIPTION

- Pork patties are made from ground pork. They are shaped into oval or round patties and individually quick frozen (IQF).

### PACK/YIELD

- Pork patties are packed in a 2-pound package, which is about 16 servings of cooked meat (about 2 ounces per patty).

### STORAGE

- Keep pork patties frozen at 0 degrees F until ready to use.
- After cooking, store any leftover pork patties in a container not made from metal in the refrigerator. Use within 3 to 4 days.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Pork patties may be heated in the microwave or oven.
- Follow heating instructions provided on the packaging for best results.

### USES AND TIPS

- Pork patties can be made into sandwiches or used in breakfast casseroles.
- Serve pork patties with a vegetable and rice for a complete meal.

### NUTRITION INFORMATION

- A 2 ounce pork patty counts as 2 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group of MyPyramid. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces of meat.

### FOOD SAFETY INFORMATION:

- To defrost pork patties, place in the refrigerator for 24 hours, or place the package in cold water, changing the water every 30 minutes until meat is thawed.
- Never defrost pork patties on the countertop or at room temperature.
- Cook pork patties to a safe internal temperature of 165 degrees F, using a food thermometer.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: 2 ounces (57g) cooked pork patty

#### Amount Per Serving

**Calories** 170 **Calories from Fat** 110

#### % Daily Value\*

<b>Total Fat</b> 11g	<b>18%</b>
Saturated Fat 4g	<b>22%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

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

## PORK WITH VEGETABLES AND RICE

MAKES ABOUT 4 SERVINGS

### Ingredients

- 4 pork patties (about 2 ounces each), thawed
- 1 cup low-sodium chicken or vegetable broth
- 2 cups water
- 1 ½ cups rice, uncooked
- 1 tablespoon vegetable oil
- 1 cup low-sodium canned carrots, drained
- 1 can (about 15 ounces) low-sodium mixed vegetables, drained
- ½ small onion, chopped
- 1 teaspoon garlic powder

### Directions

1. Heat broth and water in a saucepan until boiling. Add rice and return to a boil. Reduce heat to low and simmer for 15 minutes, covered.
2. Heat oil in a skillet. Break pork patties into small pieces with a fork or spatula and add to the pan. Cook until heated evenly. Drain any liquid.
3. Stir carrots, mixed vegetables, onion, and garlic powder into the skillet. Cook for 5 minutes or until heated evenly and the onion is soft.
4. Serve over rice.

Nutritional Information for 1 serving (about 1 ½ cups) of Pork with Vegetables and Rice							
Calories	530	Cholesterol	50 mg	Sugar	4 g	Vitamin C	7 mg
Calories from Fat	150	Sodium	472 mg	Protein	22 g	Calcium	96 mg
Total Fat	17 g	Total Carbohydrate	70 g	Vitamin A	822 RAE	Iron	3 mg
Saturated Fat	5 g	Dietary Fiber	2 g				

*Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.*

## PORK STEAKS

MAKES ABOUT 4 SERVINGS

### Ingredients

- 4 pork patties (about 2 ounces each)
- 3 potatoes, cut into slices
- 1 green pepper, sliced into strips
- 1 onion, cut into quarters
- 1 can (about 11 ounces) low-sodium beef and mushroom soup
- 1 cup low-sodium canned carrots, drained

### Directions

1. Preheat oven to 350 degrees F.
2. In a shallow baking or casserole dish, place the pork patties, potatoes, pepper, and onion. Pour soup over vegetables.
3. Cover dish tightly with aluminum foil.
4. Bake for 30 minutes. Remove from oven, remove aluminum foil, and stir in carrots. Recover dish with aluminum foil.
5. Bake 10 more minutes.

Nutritional Information for 1 serving of Pork Steaks							
Calories	330	Cholesterol	55 mg	Sugar	5 g	Vitamin C	63 mg
Calories from Fat	130	Sodium	323 mg	Protein	19 g	Calcium	55 mg
Total Fat	14 g	Total Carbohydrate	34 g	Vitamin A	286 RAE	Iron	3 mg
Saturated Fat	6 g	Dietary Fiber	5 g				

*Recipe adapted from Recipezaar.com.*