



Carnitas (Fried Pork)

NUTRITION FACTS

SERVING SIZE 3oz (85g)

AMOUNT PER SERVING

Calories 160

Calories from Fat
120

% daily Value*

Total Fat 13g 20%

Saturated Fat 4.5g 23%

Trans Fat 0g 0%

Cholesterol 45mg 15%

Sodium 280mg 12%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 10g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

* Percent Daily Values (DV) are based on a 2,000 calorie diet

Ingredients: Pork, Water, Seasoning (Salt, Maltodextrin, Sodium Acetate, Sodium Citrate, Sodium Carbonate) Garlic, Salt.

Method	Preparation Time		Heating Instructions
	Refrigerated	Frozen	
Microwave	8 Minutes	12 Minutes	Heat on high for 4 minutes. Rotate bag 1/2 turn. Puncture 4 small holes, cover with paper towel. Continue to heat for 4 more minutes (8 minutes if frozen) until center is hot. Let bag stand for 2 minutes. Open bag carefully and empty contents into tray.
Boil in Bag	8 minutes	12 Minutes	Place bag in saucepan with enough water to completely cover bag. Boil 8 minutes (12 minutes if frozen). Remove bag from boiling water. Let the bag stand for 2 minutes. Open bag carefully and empty contents into serving tray.