



Canned Pork

Foods from the meat and beans group are a good source of protein. Protein is needed to build and repair cells. Canned pork is a good source of protein. Canned pork is fully cooked in its own juices and ready to use. Pork provides several nutrients that are important for our bodies: Iron, zinc, magnesium, vitamin E and the B-vitamins.

Nutrition Information

Pork is part of the meat and beans group. Foods from the meat and beans group provide important nutrients like protein and iron.

Based on MyPyramid, 1 ounce of cooked lean pork provides 1 ounce from the meat and beans group.

A typical person should try to eat 5½ ounces from the meat and beans group every day.

Choose meat that is lean or low-fat.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened canned pork in a tightly covered plastic container in the refrigerator.

Use within 2 days!

Do not use canned meat if can is rusted, bulging, or dented!

Throw it away!

Uses

- ✓ Place can in refrigerator to harden fat. Open and remove visible fat. Break meat apart and remove any chunks of fat.
- ✓ Home-canned meat must be heated to a rolling boil on stovetop in a covered saucepan for 15 minutes before tasting or serving.
- ✓ For a quick pizza snack, top a sliced English muffin with tomato sauce, cheese, and diced pork. Bake until cheese is melted.
- ✓ Use cut-up pork in salads, soups, stews, sandwiches, barbecue, spaghetti sauce, vegetable stir-fry or casseroles.

Know how. Know now.

Recipes and Tips



1 (24 ounce) can of meat = 3¼ cups of cut-up pork



Barbecue Pork Sandwiches

4 servings

1 tsp. vegetable oil	¾ c. barbecue sauce
½ c. onion, chopped	4 hamburger buns
2 c. can pork	

1. In a large sauce pan, heat vegetable oil over low heat.
2. Sauté onions until tender, about 5 minutes.
3. Mix in pork and barbecue sauce and cook until heated through, about 5 minutes.
4. Spoon over bottom half of hamburger bun.

Nutrition Information per Serving: Calories 500, Total Fat 20 g (31% DV), Saturated Fat 7 g (35% DV), Cholesterol 140 mg (47% DV), Sodium 590 mg (25% DV), Total Carbohydrate 29 g (10% DV), Dietary Fiber 13 g (52% DV), Sugars 5 g, Protein 42 g, Vitamin A 0%, Vitamin C 8%, Calcium 8%, Iron 35%.



Breakfast Pork Burritos

8 servings

1 tsp. vegetable oil	8 flour tortillas,
½ c. green pepper, chopped	warmed
½ c. onion, chopped	2 eggs, beaten
1 c. can pork	1 c. salsa

1. In a large skillet, heat vegetable oil over low heat.
2. Add green pepper and onion, cook until tender, about 5 minutes.
3. Add pork to the vegetable mixture and cook until heated through, about 5 minutes. Hold over low heat.
4. Spray a medium sauce pan with cooking spray. Add beaten eggs and cook until scrambled, about 2 to 3 minutes.
5. Add ½ cup pork mixture to warmed tortilla, then top with ¼ cup scrambled eggs and 2 tablespoons salsa.
6. Roll and enjoy.

Nutrition Information per Serving: Calories 220, Total Fat 9 g (14 % DV), Saturated Fat 2.5 g (13% DV), Cholesterol 100 mg (33% DV), Sodium 460 mg (19% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 4 g (16% DV), Sugars 2 g, Protein 13 g, Vitamin A 4%, Vitamin C 15%, Calcium 4%, Iron 15%.

Recipes provided from the University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.