

Idaho Apple Commission

Recipe

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Recipe: 000188 Idaho Applicious Pork Stacker

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: Sandwich

009003 IDAHO APPLES,RAW,WITH SKIN..... 011282 ONIONS,RAW.....	3 1/4 LB 6 1/2 LB	Preheat oven to 400°F. <u>Prepare Ingredients</u> Wash, core and thinly slice apples. Peel and small dice onion. Can thin slice apples using a meat slicer if available.
902478 USDA Processed Quantum Shredded Pork #26200...	9 1/2 LB	<u>Heat Pulled Pork</u> Follow the manufacturer's directions to heat pulled pork.
902451 USDA Oil, Vegetable, 1 Gal 100439..... 002047 SALT, TABLE..... 009400 APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C..... 006971 SAUCE,WORCESTERSHIRE..... 002028 PAPRIKA..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 901031 MUSTARD,POWDER/DRY..... 002031 PEPPER,RED FLAKES..... 002048 VINEGAR,CIDER APPLE..... 014429 WATER,MUNICIPAL..... 020027 CORNSTARCH.....	3 TBSP 2 1/2 TBSP 6 1/4 CUP 1/4 CUP 2 TBSP 1/4 CUP 1 TBSP, ground 2 TBSP 1 TBSP 1 CUP 6 1/4 cup 8 fl oz 1/2 CUP	<u>Prepare Apple BBQ Sauce</u> Heat vegetable oil in a tilt skillet. Add sliced apples, diced onions, and salt. Cook for five minutes or until onions become opaque. In a separate bowl, mix apple juice, Worcestershire sauce, paprika, garlic powder, pepper, dry mustard, red pepper flakes, cider vinegar, and water. Stir to mix well. Add cornstarch and whisk until no clumps. Add sauce to apple and onion mixture and bring to a boil. Let simmer to reduce.
902479 Whole Wheat Hamburger Bun..... 001009 CHEESE,CHEDDAR.....	50 bun 100 slice (1 oz)	<u>Bake Cheese Bread</u> Line sheet pans with parchment paper. Place 100 bun halves with bottoms and tops facing down. Top each bun half with one slice of cheese. Bake for 5 minutes at 400°F. Note: Adding the cheese to bun prior to the meat and sauce creates a barrier so the sauce does not make the bun soggy. <u>Serving Directions</u> Serve 1 side of a bun with melted cheese and top with 1.5 oz shredded pork and 1/3 cup apple bbq sauce. <u>Chef Tips</u> When making a reduction you are simmering to remove the water content of a sauce to enhance the flavor. This works best at a medium simmer.

*Nutrients are based upon 1 Portion Size (Sandwich)

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Calories	306 kcal	Cholesterol	64.87 mg	Protein	21.65 g	Calcium	254.43 mg	42.43%	Calories from Total Fat
Total Fat	14.41 g	Sodium	652.39 mg	Vitamin A	89.28 RE	Iron	1.50 mg	22.12%	Calories from Saturated Fat
Saturated Fat	7.51 g	Carbohydrates	22.65 g	Vitamin A	380.35 IU	Water ¹	*80.56* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.04 g	Vitamin C	8.97 mg	Ash ¹	*1.80* g	29.65%	Calories from Carbohydrates
								28.35%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2 oz				? - Milk
Grain.....	0.75 oz				? - Egg
Fruit.....	0.125 cup				? - Peanut
Vegetable.....	0.125 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.....	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	009003	IDAHO APPLES,RAW,WITH SKIN			
I	011282	ONIONS,RAW			
I	902478	USDA Processed Quantum Shredded Pork #262			
I	902451	USDA Oil, Vegetable, 1 Gal 100439			
I	002047	SALT, TABLE			
I	009400	APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT			
I	006971	SAUCE,WORCESTERSHIRE			
I	002028	PAPRIKA			
I	002020	GARLIC POWDER			
I	002030	PEPPER,BLACK			
I	901031	MUSTARD,POWDER/DRY			
I	002031	PEPPER,RED FLAKES			
I	002048	VINEGAR,CIDER APPLE			
I	014429	WATER,MUNICIPAL			
I	020027	CORNSTARCH			
I	902479	Whole Wheat Hamburger Bun			
I	001009	CHEESE,CHEDDAR			

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