



Pork Cushion with Herbs & Spices

Tender all natural pork slow-cooked in a savory blend of herbs and spices.

Item Number: 1005195

Target Weight: 1.45 lb

Pack Size: 2 Pieces/Pouch, 6 Pouches/Case, 12 Pieces/Case

Net Case Weight: Varies

Ingredients: Pork Shoulder Cushion, Water, Kosher Salt, Garlic, Rosemary, Fennel Seeds, Black Pepper, Onion Powder, Thyme.

HEATING INSTRUCTIONS

From Thawed:

Convection Oven: 28-30 minutes at 425°F

Microwave Oven: 9 minutes (1100 watts)

NOTE: HEATING TIMES MAY VARY DUE TO MAKE, MODEL AND TEMPERATURE CALIBRATION OF EQUIPMENT. TO DEFOST THE PRODUCT, PLACE UNDER REFRIGERATION OVERNIGHT.

Nutrition Facts

Serving Size 3 oz (84g)

Servings Per Container varied

Amount Per Serving

Calories 150 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 240mg **10%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 14g

Vitamin A 0% • **Vitamin C** 0%

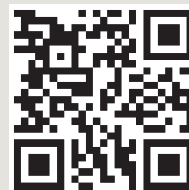
Calcium 2% • **Iron** 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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**HIGH
PROTEIN**



**NO
TRANS FAT**