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Quality Food Products for the Foodservice Industry



www.mitchellfoods.com

Boneless Pork Loin Cutlet

"Home-style Breaded"

* 40/4 oz Portion *

Item Number:	30010	Packaging:	Poly Lined Box wax paper layer
UPC Number:	740909300107	Case Dimensions:	16x11.75x3.4
Portion Size:	4 oz	Case Cube:	0.37
Portion Count:	40 Pieces	Pallet Ti x Hi	10 x 10
Net Case Weight:	10.00 lbs	Handling:	Frozen
		Shelf Life Frozen:	8 Months

Ingredients: Pork, Battered and Breaded with Water, Breading [Wheat flour, cracker (wheat flour, soybean oil, salt, leavening [sodium bicarbonate, yeast], dextrose, malt syrup [malted barley, corn]), salt, spices and spice extractives, sweet dairy whey, monosodium glutamate, garlic powder].

COOKING INSTRUCTIONS: COOK FROM FROZEN

Skillet: Add enough cooking oil to skillet to cook cutlet(s). Heat skillet and oil over medium-high heat. Carefully place cutlet(s) into skillet. Cook cutlet(s) until one side has browned, turn the cutlet(s) and cook the opposite side. At this point, the heat may be reduced slightly. Cutlet(s) are done when they reach an internal temperature of 160° Fahrenheit (70° Celsius).

Deep Fryer: Heat oil to 365-375° Fahrenheit, submerge cutlet(s) in oil, cook until golden brown and have reached an internal temperature of at least 160° Fahrenheit (70° Celsius).

Nutrition Facts	
Portion Size	113 g
Amount Per Portion	236
Calories	% Daily Value *
Total Fat 11g	14 %
Saturated Fat 3.7g	18 %
Cholesterol 52mg **	17 %
Sodium 41mg **	2 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0.4g	1 %
Sugar 0g	
Protein 18g	36 %
Vitamin D 0.4mcg **	2 %
Calcium 15mg **	1 %
Iron 0.7mg **	4 %
Potassium 293mg **	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

