



# Mitchell Foods, Inc.

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*Quality Food Products for the Foodservice Industry*



[www.mitchellfoods.com](http://www.mitchellfoods.com)

## Boneless Pork Loin Cutlet

### "Home-style Breaded"

### \* 20/4 oz Portion \*

Item Number:	35010	Packaging:	Poly Lined Box wax paper layer
UPC Number:	740909350102	Case Dimensions:	12.25x7.75x3
Portion Size:	4 oz	Case Cube:	0.16
Portion Count:	20 Pieces	Pallet Ti x Hi	18 x 11
Net Case Weight:	5.00 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	
<b>Calories</b>	<b>236</b>
% Daily Value *	
<b>Total Fat</b> 11g	<b>14 %</b>
Saturated Fat 3.7g	<b>18 %</b>
<b>Cholesterol</b> 52mg **	<b>17 %</b>
<b>Sodium</b> 41mg **	<b>2 %</b>
<b>Total Carbohydrate</b> 15g	<b>5 %</b>
Dietary Fiber 0.4g	<b>1 %</b>
Sugar 0g	
<b>Protein</b> 18g	<b>36 %</b>
Vitamin D 0.4mcg **	<b>2 %</b>
Calcium 15mg **	<b>1 %</b>
Iron 0.7mg **	<b>4 %</b>
Potassium 293mg **	<b>6 %</b>

\* 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.

