



SEABOARD FARMS

# 213413 - Pork Chop Double Boned Frenched 16 Oz

Our advanced loin-cutting technology ensures precise product specifications on our bone in pork chops every time. Expert trimming saves back of house time and provides a more consistent cook time.



## Nutrition Facts

Servings per Container  
Serving size **4.00ozs (4oz)**

Amount per serving  
**Calories 180**

	% Daily Value*
<b>Total Fat</b> 10g	<b>16%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 20g	
Vitamin D	<b>%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium	<b>%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

Product of the USA.  
USDA approved.  
Perfect for a variety of meals.  
Tender and delicious.

### Ingredients

### ⚠ Allergens

#### Free From:



### Handling Suggestions

Keep refrigerated. May be frozen.

### Serving Suggestions

Slice and serve with side dishes.

### Prep & Cooking Suggestions

Ready to cook. Saute or grill until internal temperature of 155-160 degrees F. Let rest 10 minutes. Slice and serve.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
SEABOARD FARMS	SEABOARD FOODS	

MFG #	SPC #	GTIN	Pack	Pack Desc.
99941	213413	10886476999416	10	10/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10lb	8lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
4.4in	10.2in	16.3in	0.42ft3	10x3	270DAYS	0°F / 32°F



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## Nutrition Analysis

Calories	180	Total Fat	10g	Sodium	340mg
Protein	20	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	3.5g	Iron	0mg
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(U)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

