



SEABOARD

# 213414 - Pork Diced Fc Seasoned S/O

Quick Fire Fully Cooked Premium Meats deliver juicy, flame-kissed flavor that you can spin any way you want and serve in a flash.



## Nutrition Facts

Servings per Container  
Serving size **3oz (30ounces)**

Amount per serving  
**Calories 270**

	% Daily Value*
<b>Total Fat</b> 30g	<b>46%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</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

### Ingredients

PRIOR TO COOKING CONTAINS UP TO 20% OF A SEASONING SOLUTION (WATER, VEGETABLE OIL [SOYBEAN OIL], DEXTROSE, SALT, GARLIC POWDER, ONION POWDER, BLACK PEPPER). SEARED IN VEGETABLE OIL [SOYBEAN OIL].

### Allergens

#### Free From:



### Handling Suggestions

Keep frozen.

### Serving Suggestions

Great alone or customize with your own culinary spin

### Prep & Cooking Suggestions

CONVECTION OVEN: Preheat oven to 300F with fan on low. Empty Contents of 5-lb. package into pan. Cover with foil. Heat for 40-45 minutes or until internal temperature reaches 140F.

BOIL IN BAG: Place thawed 5-lb. package of pork in boiling water. Ensure bag is fully covered in water. Boil 20-25 minutes or until internal temperature reaches 140F.

COMBI/ALTO-SHAAM: Preheat oven to 190F. Place 5-lb. package of pork in oven. Heat bag for 45-55 minutes or until internal temperature reaches 140F.

### Product Specifications

Brand	Manufacturer	Product Category
SEABOARD	SEABOARD FOODS	Beef, Offal & Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
99561	213414	10706073995614	2	2/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	USA		

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
3.43in	10.9in	16.7in	0.36INQ	10x12	270DAYS	0°F / 32°F



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## Nutrition Analysis

Calories	270	Total Fat	30g	Sodium	450mg
Protein	21	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	6g	Iron	0mg
Sugars	1g	Added Sugars		Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	75mg		
Vitamin A(U)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

