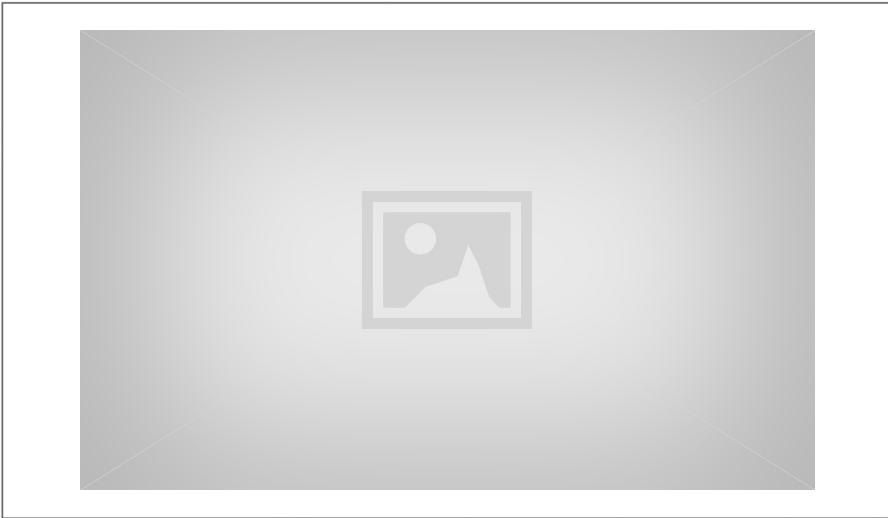




**SEABOARD**

**214709 - Pork Loin Frenched Rack Cc Fresh To Frzn**

Prairie Fresh Signature loins are a perfect fit for an at home chef that is looking to be creative in the kitchen. Our loins are ready to be roasted, simmered and sauted with whatever seasonings you desire.



# Nutrition Facts

Servings per Container **108**  
Serving size **4oz (112g)**

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 0mcg	<b>0%</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.  
Tender and delicious every time.

### Ingredients

Basted NTE 16% Added Solution\* of Water, Potassium Chloride, Vinegar, Natural Flavor.

### Allergens

**Free From:**

- crustaceans
- shellfish
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

Keep refrigerated. May be frozen.

### Serving Suggestions

Slice and serve with side dishes like a fresh green salad or roasted vegetables, like Brussel sprouts and mushrooms or squash and peppers.

### Prep & Cooking Suggestions

If frozen, thaw completely. Remove from package. Place on a roasting pan. Roast in a preheated 350 degree F oven for 20-30 minutes per pound or until internal temperature reaches 155-160 degrees F. Remove from oven and let the loin stand for several minutes before slicing. For grill: Grill until internal temperature reaches 155-155 degrees F. Turn to prevent burning. Remove from grill and let stand for several minutes before slicing. Grill and oven temperatures vary. Adjust cooking time accordingly.

### Product Specifications

Brand	Manufacturer	Product Category
SEABOARD	SEABOARD FOODS	

MFG #	SPC #	GTIN	Pack	Pack Desc.
709	214709	90736490007092	2	2/13#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
27.69lb	26lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.81in	16.63in	5.88in	1.06ft3	6x8	365DAYS	0°F / 32°F



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Nutrition Analysis - By Measure

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	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

