

BONELESS PORK RIBS

Lightly breaded seasoned boneless pork.

Ingredients: pork, water, seasoning (soy protein concentrate, salt, sodium phosphate, dehydrated garlic, sugar, spice, dehydrated onion), soy sauce (water, salt, hydrolyzed soy protein, blackstrap molasses, glucose-fructose, caramel, modified cornstarch, sodium benzoate, potassium sorbate, mono and diglycerides). Dusted with wheat flour. Browned in canola oil.

Cooking Instructions:

Cook until a minimum internal temperature of 71°C/160°F is reached.

Deep Fryer:

1. Heat oil to 190°C/375°F
2. Place appropriate quantity of frozen pork pieces in the frying basket
3. Cook for 5-7 minutes

Oven:

1. Preheat oven to 205°C/400°F
2. Spread pork pieces in a single layer on a baking sheet
3. Bake for 20-25 minutes (for crispier product, bake for 5-10 minutes longer)

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Nutrition Facts	
Serving Size	
Amount Per Serving	
Calories 212	
	% Daily Values*
Total Fat 7.72g	12%
Saturated Fat 1.5g	8%
Trans Fat 0.18g	
Cholesterol 5.5mg	2%
Sodium 678mg	28%
Total Carbohydrate 23.5g	8%
Dietary Fiber 0.14g	1%
Sugars 0.25g	
Protein 12.2g	24%

*Percent Daily Values are based on a 2,000 calorie diet.

