

# Kentucky Dept. of Education

**001353 - BBQ Tacos w/App Poppy Seed Slw**

**Recipe HACCP Process: #2 Same Day Service**

Source: Boyle County  
 Number of Portions: 48  
 Size of Portion: Serving

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.25 Cup  
 Milk: 0 Cup

<p>902458 Ketchup Canned..... 10 CUP                  019334 SUGARS,BROWN..... 2 CUP, packed                  019296 HONEY..... 1/4 CUP                  002028 PAPRIKA..... 6 TSP                  002020 GARLIC POWDER..... 6 TSP                  902717 Honey Mustard..... 4 TBSP                  902456 Worcestershire Sauce Chef's Companion..... 1 (1/4 cup)                  002030 PEPPER,BLACK..... 2 TBSP + 2 TSP                  002031 PEPPER,RED OR CAYENNE..... 2 TSP                  002009 CHILI POWDER..... 2 TBSP + 2 TSP                  799902 CUMIN,GROUND..... 2 TBSP + 2 TSP                  019334 SUGARS,BROWN..... 2 TBSP, packed + 2 TSP, packed                  799905 OREGANO LEAVES,DRIED..... 2 TBSP, ground + 2 TSP, ground                  002028 PAPRIKA..... 1 CUP                  002047 SALT, TABLE..... 1/2 CUP                  019335 SUGARS, GRANULATED..... 1/2 CUP                  010218 PORK,FRSH,LOIN,TENDERLOIN,LN&amp;FAT,RAW... 10 LB</p>	<p>Preheat oven 350 degrees.                  Combine all ingredients for BBQ sauce in medium saucepan. Bring to a simmer and then turn to low.                  Allow sauce to cook for about 45-60 minutes, stirring occasionally.</p> <p>Combine ingredients for rub in medium bowl.                  Pat pork tenderloin with paper towels. Slice pork tenderloin into medallions and season with the rub on all sides.                  Place seasoned pork in baking pan and put in oven. Bake for 30-40 minutes until reaches internal temperature of 145 degrees.</p>
<p>903155 Cabbage, Shredded Red and Green..... 12 CUP                  902608 Carrots Shredded..... 4 CUP                  009003 Apples, Granny Smith, julienned..... 4 CUP                  004708 MAYONNAISE,RED FAT,W/ OLIVE OIL..... 2 1/2 CUP                  009152 LEMON JUICE,RAW..... 4 lemon yields                  002048 VINEGAR,CIDER..... 1/2 CUP                  903910 Poppy Seeds..... 1/2 CUP                  019335 SUGARS, GRANULATED..... 2 CUP                  902416 Tortilla, WG 10 inch..... 48 Each (64grams)</p>	<p>While pork in cooking, wash and cut vegetables for slaw as directed.                  Combine cabbage, carrots, and apple in large bowl.                  In a separate bowl, whisk mayonaise, olive oil, vinegar, lemon juice, poppy seed, and sugar. Pour half of mixture over the cabbage mixture and combine.                  Cover remaining dressing and the cabbage mixture with plastic wrap and chill until ready to top the tacos. Hold at 41 degrees or below.</p> <p>Remove pork from oven and shred in food processor. Set aside.</p> <p>Lightly spray skillet with cooking spray and heat tortillas until small bubbles form. Flip and heat other side.</p> <p>Remove slaw from refrigerator and mix. Check if additional dressing mixture needs to be added.</p> <p>After tortillas are heated, layer pork (3oz) and prepared sauce on top of slaw mix (1/4 cup). Roll tortillas to serve.</p> <p>Hold at 135 degrees for service.</p>

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*1 - denotes optional nutrient values*  
*2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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## Recipe Master List

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	546	kcal	Cholesterol	*65.51*	mg	Sugars	*23.08*	g	Calcium	*33.27*	mg	28.17%	Calories from Total Fat
Total Fat	17.09	g	Sodium	2470.09	mg	Protein	26.50	g	Iron	*2.08*	mg	6.65%	Calories from Sat Fat
Saturated Fat	4.03	g	Carbohydrate	73.71	g	Vitamin A	*1482.68*	IU	Water <sup>1</sup>	*93.84*	g	*0.06%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.03*	g	Dietary Fiber	*1.64*	g	Vitamin C	*2.30*	mg	Ash <sup>1</sup>	*4.62*	g	54.01%	Calories from Carbohydrates
												19.42%	Calories from Protein

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<sup>1</sup> - denotes optional nutrient values

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**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.