

# Country Pleasures™



1110 Powers Place  
Alpharetta, GA 30009

## Preparation

- Thaw in refrigerated sanitary conditions.
- Add Spices. Broil or Grill pork chops and turn occasionally.
- Pork is done when surface is moderately firm and juices run clear.

## Nutrition

- Pork is leading dietary source of thiamin
- Source of vitamin B-6, B-12, niacin, riboflavin, zinc, and minerals for cell growth and tissue repair
- **Excellent Source of Iron**  
(considering the high percentage of iron deficient women and children in this country)



## Pork Loin Chops

- Item # CP040
- Boneless, Center Cut
- Uniform 4 ounce chop
- 40 Chops, 10 LBS. case
- 180 cases per pallet
- Consistent cooking times and serving sizes
- Very versatile, lean and fine-textured, making it a wise food choice.
- USDA inspected Butcher Hog
- Product of USA
- Program item available on a consistent basis
- Country Pleasures brand



**CALL TOLL FREE: 1-800-375-8883**  
[sales@cutyourfoodcost.com](mailto:sales@cutyourfoodcost.com)

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| Nutritional Information<br>(Per 100 grams) | Boneless<br>Pork Chop |
|--|-----------------------|
| kcal                                       | 140                   |
| protein (grams)                            | 22                    |
| fat (grams)                                | 5                     |
| carbohydrate, by diff.<br>(grams)          | 0                     |
| total dietary fiber (grams)                | 0                     |
| ash (grams)                                | 1.1                   |
| calcium (milligrams)                       | 21                    |
| phosphorous (milligrams)                   | 207                   |
| iron (milligrams)                          | 0.8                   |
| sodium (milligrams)                        | 66                    |
| potassium (milligrams)                     | 362                   |
| vitamin A value (int. units)               | 7                     |
| thiamin (milligrams)                       | 1.216                 |
| riboflavin (milligrams)                    | 0.224                 |
| niacin (milligrams)                        | 5.13                  |
| vitamin C (milligrams)                     | 1                     |
| saturated fatty acid<br>(grams)            | 1.74                  |
| mono unsaturated fatty<br>acids (grams)    | 2.28                  |
| poly unsaturated fatty<br>acids (grams)    | 0.54                  |
| cholesterol (milligrams)                   | 63                    |

Contains up to 18 % solution of water, salt, sodium tripolyphosphate,, lemon juice concentrate.

**ALLERGEN STATEMENT: NO ALLERGENS**

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