



Philippine style SWEET PORK LONGANISA

GoodSource Item #3105
 Pack size4 x 6 lbs
 Net weight/case24 lbs
 Shelf life12 mos from production date
 Kosher.....No
 Allergens.....None

What is it?

Ground pork with a sweet and garlicky flavor.

How is it served?

Typically for breakfast, with fried egg and paired with garlic fried rice.

How to prepare it?

Thaw in refrigerator. For 3 lbs. product, add 1 ½ cup of water and simmer over medium heat until water evaporates, about 15 minutes. Add 1 tablespoon of oil and fry until brown, about 3-5 minutes. Turn occasionally. Must reach 165°F internal temperature.

How should it look?

Browned on the outside, reddish in color.

Ingredients:

Pork, Sugar, Salt, Garlic, Water,
 Beet Powder, Black Pepper, Oleo-
 resin Paprika, Sodium Erythorbate,
 Sodium Nitrite.



Nutrition Facts

27 servings per package
 Serving size 3 links (3.5oz)

Amount per serving

Calories 390

% Daily Value*

Total Fat 34g **44%**

Saturated Fat 14g **70%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 770mg **33%**

Total Carbohydrate 10g **4%**

Dietary Fiber 4g **13%**

Total Sugars 6g

Includes 6g Added Sugars **12%**

Protein 10g

Vitamin D 0mcg 0% Iron 0mg 2%

Calcium 6mg 0% Potassium 183mg 4%

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.