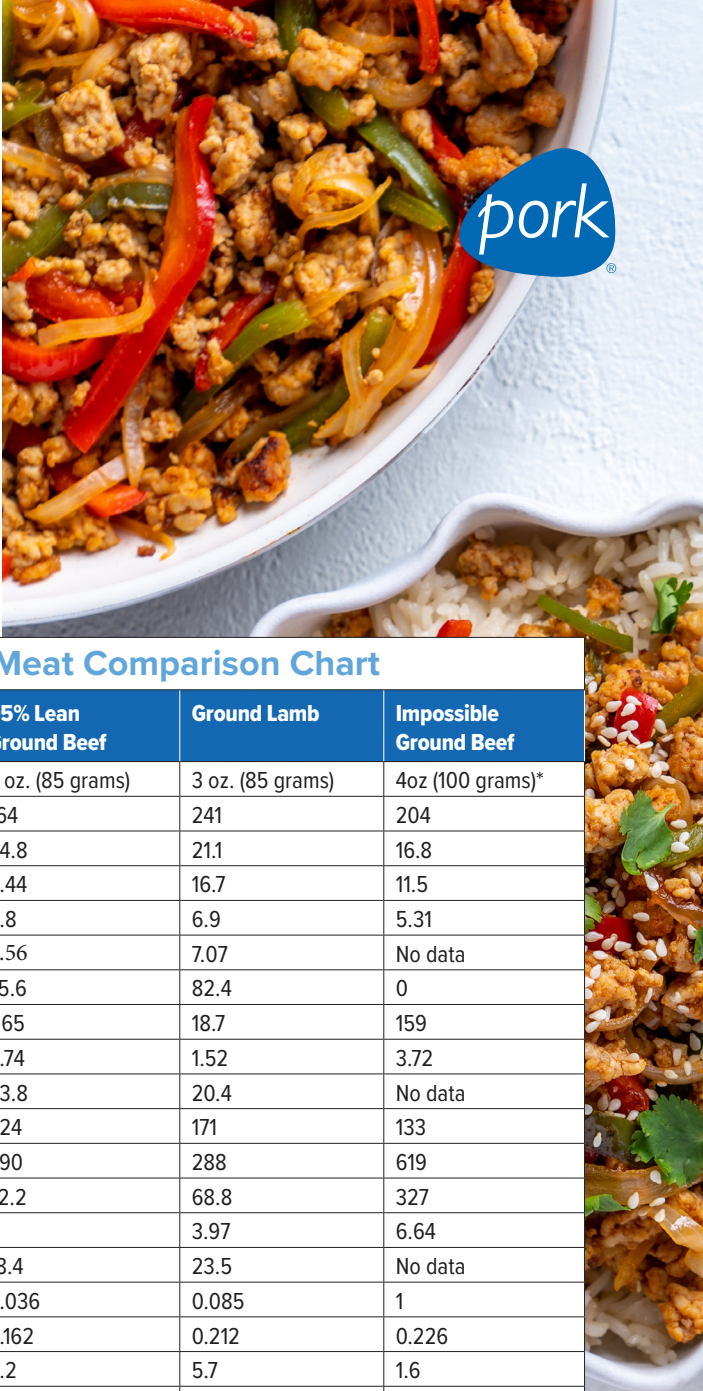


# SHAPING A NUTRITIOUS DIET WITH GROUND PORK



	Cooked Meat/Plant-Based Meat Comparison Chart					
	96% Lean Ground Pork	Ground Chicken	93% Ground Turkey	95% Lean Ground Beef	Ground Lamb	Impossible Ground Beef
Portion	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	4oz (100 grams)*
Energy (kcal)	159	161	181	164	241	204
Protein (g)	26	19.8	23	24.8	21.1	16.8
Total Fat (g)	6.08	9.26	9.86	6.44	16.7	11.5
Sat. Fat (g)	1.66	2.64	2.52	2.8	6.9	5.31
Mono. Unsat. Fat (g)	2.3	4.15	3.32	2.56	7.07	No data
Cholesterol (mg)	66.3	91	88.4	75.6	82.4	0
Calcium (mg)	16.2	6.8	26.4	7.65	18.7	159
Iron (mg)	0.892	0.79	1.33	2.74	1.52	3.72
Magnesium (mg)	23	23.8	24.6	23.8	20.4	No data
Phosphorus (mg)	222	199	220	224	171	133
Potassium (mg)	364	575	258	390	288	619
Sodium (mg)	71.4	63.8	76.5	72.2	68.8	327
Zinc (mg)	2.18	1.63	3.2	6	3.97	6.64
Selenium (mcg)	39.7	12.2	24.1	18.4	23.5	No data
Thiamin (mg)	0.425	0.103	0.075	0.036	0.085	1
Riboflavin (mg)	0.411	0.257	0.223	0.162	0.212	0.226
Niacin (mg)	9.35	6.04	6.88	6.2	5.7	1.6
Vit. B6 (mg)	0.609	0.457	0.422	0.364	0.119	0.354
Choline (mg)	84.5	50.2	66.9	80.6	79.4	No data
Vit. D (IU)	5.95	No data	6.8	1.7	1.7	0

All data pulled from USDA FoodData Central  
 \* Impossible products only have data available for 100g (4oz) portions

### Plant-Powered Possibilities with Ground Pork:

- Add chopped mushrooms to ground pork for a burger
- Mix chopped parsley, onion, and garlic with ground pork for flavorful meatballs
- Add pepper, potatoes, and ground pork to a breakfast egg casserole

### Did you know...

Pork is a carrier food, meaning that it may help people consume more of under-consumed nutrients like iron and fiber, and food groups like vegetables, legumes, and whole grains.\*

### Check out the recipes on the back of this handout to see how pork is the perfect partner for some of your favorite vegetables!

\* Agarwal S, Fulgoni VL III. Association of pork (all pork, fresh pork and processed pork) consumption with nutrient intakes and adequacy in US children (age 2–18 years) and adults (age 19+ years): NHANES 2011–2018 analysis. *Nutrients*. 2023;15(10):2293.

# Mediterranean Stuffed Peppers

## Ingredients:

1 lb. ground pork  
3 large bell peppers (any color)  
1/2 cup white rice  
14 oz. canned diced tomatoes  
1 white onion (finely diced)  
2 Tbsp. butter  
1 cup chicken broth

1 Tbsp. olive oil  
1 tsp. salt  
1/2 tsp. pepper  
1 Tbsp. cinnamon  
1/4 cup parsley (diced)  
1 Tbsp. marjoram (substitute oregano)  
1/2 cup whole milk Greek yogurt

## Instructions:

1. Preheat the oven to 375°F.
2. Slice the bell peppers in half and take out any seeds and place in a 9x13-inch baking dish.
3. Drizzle with 1 tablespoon of olive oil and place in the oven for 10 minutes.
4. While the peppers bake, prepare the ground pork filling.
5. Heat a large skillet over medium high heat and melt the butter.
6. Once the butter is melted, add in the onion and sauté for 3-5 minutes.
7. Add in the ground pork and cook for 5-7 minutes until mostly browned.
8. Remove the pepper from the oven and set aside.
9. Add in the salt, pepper, and cinnamon to the ground pork mixture, and stir.
10. Add in the can of diced tomato (undrained), the rice and stir well.
11. Reduce to low heat and continue to cook for 5 minutes. Add in the chicken broth.
12. Cover the skillet and cook for another 5 minutes or until the rice is fully cooked. Cook ground pork to an internal temperature of 160°F.
13. Scoop the filling into the peppers and top with fresh parsley.
14. Serve the peppers right away, or you could pop them back into the oven for another 5 minutes for softer peppers.
15. To serve, top with 2 tablespoons of Greek yogurt and a sprinkle of parsley.

## Make Your Own Lean Ground Pork!

### Ingredients:

1 lb. pork tenderloin

### Directions:

1. Chop pork tenderloin into chunks and freeze for 45 minutes.
2. In a food processor or blender, pulse chilled meat until it resembles ground meat.
3. Use in your favorite ground meat recipe.
4. Cook until internal temperature reaches at least 160°F.



**PORK &  
PARTNERS**

**pork  
checkoff**

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