

Spaghetti

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46020
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
PASTA SPAGHETTI CKD	1 Cup	835910
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	1 Ounce	573201

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.357
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.089
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	289.82
Fat	7.25g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	9.82mg
Sodium	106.79mg
Carbohydrates	44.61g
Fiber	2.36g
Sugar	3.25g
Protein	10.68g
Vitamin A 115.54IU	Vitamin C 3.39mg
Calcium 17.86mg	Iron 2.46mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available