

Meatballs

Servings:	30.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46361
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	1 Package	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.050
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 4.00 Each

Amount Per Serving	
Calories	157.85
Fat	9.23g
SaturatedFat	3.59g
Trans Fat	0.62g
Cholesterol	36.90mg
Sodium	241.90mg
Carbohydrates	6.15g
Fiber	1.03g
Sugar	2.05g
Protein	12.30g
Vitamin A	0.00IU
Vitamin C	0.00mg
Calcium	60.48mg
Iron	1.03mg

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

Nutrition - Per 100g

No 100g Conversion Available