

Beef Crumbles-Spaghetti

Servings:	32.00	Category:	Entree
Serving Size:	2.44 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46363
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD IQF 6-5 JTM	1 Package	Basic Preparation Place sealed bag in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature.	661940

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.049
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: 32.00

Serving Size: 2.44 Ounce

Amount Per Serving	
Calories	163.93
Fat	12.09g
SaturatedFat	4.61g
Trans Fat	0.74g
Cholesterol	43.03mg
Sodium	176.33mg
Carbohydrates	1.02g
Fiber	0.72g
Sugar	0.00g
Protein	12.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.74mg	Iron 1.48mg

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

Nutrition - Per 100g

Calories	236.99		
Fat	17.48g		
SaturatedFat	6.67g		
Trans Fat	1.07g		
Cholesterol	62.21mg		
Sodium	254.92mg		
Carbohydrates	1.48g		
Fiber	1.04g		
Sugar	0.00g		
Protein	18.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.44mg	Iron	2.13mg

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