

Swedish Meatballs

| | | | |
|----------------------|----------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 3.00 Meatballs | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-50415 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|--|------------|
| MEATBALL CHIX 1Z | 3 Each | BAKE Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen. | 190302 |
| GRAVY/SAUCE SWEDISH STYL | 1/4 Cup | HEAT_AND_SERVE Shake well before using. Refrigerate after opening. | 219118 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| 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: 1.00

Serving Size: 3.00 Meatballs

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 225.00 |
| Fat | 13.50g |
| SaturatedFat | 4.00g |
| Trans Fat | 0.00g |
| Cholesterol | 60.00mg |
| Sodium | 480.00mg |
| Carbohydrates | 11.00g |
| Fiber | 1.00g |
| Sugar | 0.00g |
| Protein | 17.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 38.00mg | Iron 1.10mg |

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

Nutrition - Per 100g

No 100g Conversion Available
