

Meatballs

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|----------------------|--------------------------------------|-----------------------|------------------|
| 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