

# Pirate Pasta with Garlic Planks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50178
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	4 Fluid Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA SPAGHETTI 10IN	1/2 Cup	Cook Pasta accordingly in boiling water 8-10minutes. Drain, lightly toss in oil	654560
MEATBALL CKD .65Z 6-5 COMM	4 Each	BAKE KEEP FROZENCONVECTION 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
garlic toast	1 Serving	Spray sheet pan with butter spray Place Texas toast on a sheet pan spread liquid garlic butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service	R-44446

## Preparation Instructions

Pull meatballs in a serving pan and put them into steamer and heat till 155F or above

Put sauce and water into pot or steamer and simmer for 1 hour 135F or above

Heat water for pasta to a rolling boil. Slowly add pasta and cook for 10-12 minutes until pasta is tender. Stir occasionally. Do not overcook. Drain and divide equally in pan- spray pan with pan release spray.

- Hold hot foods at 135 °F or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	472.00
<b>Fat</b>	24.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	652.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	20.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 77.00mg	<b>Iron</b> 5.90mg

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

## Nutrition - Per 100g

No 100g Conversion Available