

Spaghetti w/ Meatballs PK



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45405

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	4 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	3 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

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.

Portion with 4 oz laddle- 4 meatballs per serving

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.833
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	262.17		
Fat	7.25g		
SaturatedFat	2.63g		
Trans Fat	0.45g		
Cholesterol	27.00mg		
Sodium	603.67mg		
Carbohydrates	35.50g		
Fiber	5.08g		
Sugar	9.17g		
Protein	15.83g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	67.58mg	Iron	1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available