

# MEATBALLS WITH MARINARA

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.25 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28841
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each	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
SAUCE SPAGHETTI POUCH	1/2 Cup	UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot.	315729

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<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: 0.25 Cup

Amount Per Serving	
<b>Calories</b>	224.00
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	4.00g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	716.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 79.00mg	<b>Iron</b> 2.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available