

MEATBALLS



| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 4.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9313 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| MEATBALL CKD .65Z 6-5 COMM | 4 Each | | 785860 |

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: 4.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 154.00 |
| Fat | 9.00g |
| SaturatedFat | 3.50g |
| Trans Fat | 0.60g |
| Cholesterol | 36.00mg |
| Sodium | 236.00mg |
| Carbohydrates | 6.00g |
| Fiber | 1.00g |
| Sugar | 2.00g |
| Protein | 12.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 59.00mg | Iron 1.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available