

# Spaghetti w/ Meat Sauce

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30474
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	10 Pound	2. Break spaghetti noodles into 1/2. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness.	221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	18 3/4 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201

## Preparation Instructions

To Serve:

Place a 8 oz spoodle of noodles in a bowl and top with a 6 oz of meat sauce.

1 cup cooked pasta = 2 oz grain

6 oz meat sauce = 2 oz meat

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.143
<b>Grain</b>	3.200
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.536
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving			
<b>Calories</b>	482.93		
<b>Fat</b>	9.10g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	58.93mg		
<b>Sodium</b>	310.71mg		
<b>Carbohydrates</b>	75.24g		
<b>Fiber</b>	8.54g		
<b>Sugar</b>	12.30g		
<b>Protein</b>	27.27g		
<b>Vitamin A</b>	693.21IU	<b>Vitamin C</b>	20.36mg
<b>Calcium</b>	63.14mg	<b>Iron</b>	5.34mg

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

## Nutrition - Per 100g

<b>Calories</b>	212.94		
<b>Fat</b>	4.01g		
<b>SaturatedFat</b>	1.32g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.98mg		
<b>Sodium</b>	137.00mg		
<b>Carbohydrates</b>	33.18g		
<b>Fiber</b>	3.77g		
<b>Sugar</b>	5.42g		
<b>Protein</b>	12.02g		
<b>Vitamin A</b>	305.66IU	<b>Vitamin C</b>	8.98mg
<b>Calcium</b>	27.84mg	<b>Iron</b>	2.36mg

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