

Spaghetti w/ Meat Sauce



| | | | |
|----------------------|--|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 8.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-30474 |
| School: | 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

| | |
|-----------------|-------|
| Meat | 2.143 |
| Grain | 3.200 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.536 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

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

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

Nutrition - Per 100g

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

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