

Penne Pasta

Servings:	16.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44968
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	1 Pound	**Non-Whole Grain**	413350
Tap Water for Recipes	16 Gallon		000001WTR

Preparation Instructions

Use 1 gallon of Boiling water per pound of pasta. When water has reached a boil, add 1 Tablespoon of salt and pasta. Stir occasionally to prevent sticking and keep water at rolling boil. Cook for 7-8 minutes or until al dente.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available
