

Spaghetti w/ Meatballs and Garlic Breadstick



Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	4 Pound		654560
Water	6 Gallon	Bring to a rolling boil- add a little salt to water. Add pasta to water slowly- do not overcook- 10-12 minutes. Drain and run cool water over and then add a little oil to prevent sticking	Water
SAUCE SPAGHETTI FCY	1 #10 CAN	HEAT_AND_SERVE Heat & Serve add 2 quart water MIX Heat & Serve READY_TO_DRINK Heat & Serve add READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
MEATBALL CKD .65Z 6-5 COMM	200 Each	BAKE KEEP FROZENCONVECTION 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
BREADSTICK WGRAIN 1Z	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Serve 1 cup serving -4 meatball per serving

CCPHot Hold 135 or above

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.280
Fruit	0.000
GreenVeg	0.000
RedVeg	0.442
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	376.74
Fat	10.64g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	557.23mg
Carbohydrates	52.18g
Fiber	5.05g
Sugar	8.81g
Protein	20.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 97.37mg	Iron 3.15mg

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

Nutrition - Per 100g

Calories	166.12
Fat	4.69g
SaturatedFat	1.54g
Trans Fat	0.26g
Cholesterol	15.87mg
Sodium	245.70mg
Carbohydrates	23.01g
Fiber	2.23g
Sugar	3.89g
Protein	8.93g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 42.93mg	Iron 1.39mg

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