

# Rotini w sauce



Servings:	0.000	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37216
School:	Lakeland Jr - Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR WGRAIN WHT 1Z 10-12CT	0 Each		266548
ROTINI PASTA WGRAIN W/MEAT 6-5 COMM	0 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	728590

## Preparation Instructions

Serve: 8oz pasta and sauce with dinner roll.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 8.00 Ounce

Amount Per Serving			
<b>Calories</b>	407.63		
<b>Fat</b>	18.20g		
<b>SaturatedFat</b>	6.67g		
<b>Trans Fat*</b>	1.08g		
<b>Cholesterol</b>	58.06mg		
<b>Sodium</b>	761.61mg		
<b>Carbohydrates</b>	37.81g		
<b>Fiber</b>	5.30g		
<b>Sugar</b>	10.60g		
<b>Protein</b>	22.35g		
<b>Vitamin A</b>	659.14IU	<b>Vitamin C</b>	24.73mg
<b>Calcium</b>	74.14mg	<b>Iron</b>	4.23mg

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

## Nutrition - Per 100g

<b>Calories</b>	179.74		
<b>Fat</b>	8.03g		
<b>SaturatedFat</b>	2.94g		
<b>Trans Fat*</b>	0.47g		
<b>Cholesterol</b>	25.60mg		
<b>Sodium</b>	335.81mg		
<b>Carbohydrates</b>	16.67g		
<b>Fiber</b>	2.34g		
<b>Sugar</b>	4.67g		
<b>Protein</b>	9.86g		
<b>Vitamin A</b>	290.63IU	<b>Vitamin C</b>	10.90mg
<b>Calcium</b>	32.69mg	<b>Iron</b>	1.86mg

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