

# MEATBALLS WITH MARINARA



Servings:	1.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28841
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 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
SAUCE SPAGHETTI POUCH	1/2 Cup	UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot.	315729

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving			
<b>Calories</b>		224.00	
<b>Fat</b>		10.50g	
<b>SaturatedFat</b>		4.00g	
<b>Trans Fat*</b>		0.60g	
<b>Cholesterol</b>		36.00mg	
<b>Sodium</b>		716.00mg	
<b>Carbohydrates</b>		19.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		12.00g	
<b>Protein</b>		14.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	79.00mg	<b>Iron</b>	2.08mg

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

## Nutrition - Per 100g

No 100g Conversion Available