

Lasagna Roll Ups with Meat Sauce



Servings:	110.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15962
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	6 Pound	Brown and drain hamburger	510599
LASAGNA ROLL-UP WGRAIN	110 Each		234041
SPICE ONION POWDER	1/2 Cup		126993
SPICE OREGANO GRND	1 Cup		513725
SEASONING ITAL HRB	1 Cup		428574
CHEESE MOZZ SHRD	1 Package		645170
SPICE GARLIC POWDER	1/2 Cup		224839
SAUCE SPAGHETTI FCY	1/2 Serving		852759

Preparation Instructions

Once hamburger is ready mix all ingredients making a meat sauce. Spray pan place 18 frozen roll ups in pan. Cover with meat sauce bake for 30-40 mins. adding cheese on top the last 5 mins. Must reach 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.691
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: 110.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		304.50	
Fat		11.02g	
SaturatedFat		5.37g	
Trans Fat*		0.33g	
Cholesterol		38.00mg	
Sodium		414.12mg	
Carbohydrates		29.94g	
Fiber		2.01g	
Sugar		5.06g	
Protein		15.26g	
Vitamin A	400.00IU	Vitamin C	6.00mg
Calcium	307.52mg	Iron	1.08mg

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

Nutrition - Per 100g

No 100g Conversion Available