

Spaghetti and Meat Sauce ARL



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-36430
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, fine ground, crumbles, pan-browned,15% fat [100158]	6 Pound	6 lbs and 6 oz	50512
Onions, cooked, boiled, drained, without salt	3 7/8 Ounce		11283
Peppers, sweet, green, cooked, boiled, drained, without salt	3 5/8 Ounce		11334
Spices, garlic powder	1 Tablespoon		2020
Spices, pepper, black	1 1/2 tsp, ground		2030
Tomato products, canned, puree, without salt added	5 Pound		11547
Salt, table	1 Tablespoon	1 T + 1 tsp	2047
Soup, beef broth, less/reduced sodium, ready to serve	1 Quart		6188
Soup, chicken broth, low sodium, canned	1 Quart 2 Fluid Ounce (34 Fluid Ounce)		6970
Spices, parsley, dried	1/4 Cup		2029
Spices, basil, dried	2 tbsp, ground		2003
Spices, oregano, dried	1 Fluid Ounce		2027
Spices, marjoram, dried	1 Tablespoon		2023

Description	Measurement	Prep Instructions	DistPart#
Spices, thyme, dried	1 1/2 tsp, ground		2042
Carrots, cooked, boiled, drained, without salt	1 Pound	1 lb + 2.4 oz	11125
Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	25 1/2 cup spaghetti not packed		20125

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		99.99	
Fat		1.22g	
SaturatedFat		0.20g	
Trans Fat*		0.00g**	
Cholesterol		0.19mg	
Sodium		30.47mg	
Carbohydrates		19.90g	
Fiber		2.69g	
Sugar		1.32g**	
Protein		4.35g	
Vitamin A	85.34IU	Vitamin C	3.13mg
Calcium	13.36mg	Iron	1.39mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes
**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available