

Spaghetti with Meat Sauce

Servings:	1.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49882

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	1 Cup		221460
SAUCE SPAGHETTI W/MEAT	8 Tablespoon		473071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		290.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		10.00mg	
Sodium		690.00mg	
Carbohydrates		52.00g	
Fiber		5.00g	
Sugar		8.00g	
Protein		9.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	3.10mg

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

Nutrition - Per 100g

No 100g Conversion Available