

Swedish Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Meatballs	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50415

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CHIX 1Z	3 Each	<p>BAKE Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Conventional Oven 30-33 minutes at 350°F from frozen.</p> <p>CONVECTION Appliances vary, adjust accordingly to insure internal temperature reaches 145°F. Open bag and place meatballs in a single layer on baking tray. Convection Oven 15-18 minutes at 350°F from frozen.</p>	190302
GRAVY/SAUCE SWEDISH STYL	4 Tablespoon	<p>HEAT_AND_SERVE Shake well before using. Refrigerate after opening.</p>	219118

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 3.00 Meatballs

Amount Per Serving			
Calories		225.00	
Fat		13.50g	
SaturatedFat		4.00g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		480.00mg	
Carbohydrates		11.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	38.00mg	Iron	1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available