

Cooked Rotini Noodles

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52726
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI	1/2 Cup	***Non-Whole Grain***	413360

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		149.25	
Fat		0.75g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		31.34g	
Fiber		1.49g	
Sugar		1.49g	
Added Sugar		0.00g	
Protein		5.22g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.34mg

Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--