

# Spaghetti w/ Meat Sauce



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30474
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	10 Pound	2. Break spaghetti noodles into 1/2. Place spaghetti evenly across a half pan. Use approx 1# 5 oz in each pan. Cover with 1 qt cold water. Run a fork thru spaghetti to circulate water- this helps minimize stickiness.	221460
SAUCE SPAGHETTI BF REDC FAT	18 3/4 Pound	1. Place sealed bags in steamer. Heat approx. 45 min or until product reaches 165F. CCP: Heat until product reaches 165F for 15 sec. CCP: Hold for hot service at 135F or higher.	573201

## Preparation Instructions

To Serve:

Place a 8 oz spoodle of noodles in bowl #688490 and top with a 6 oz of meat sauce.

1 cup cooked pasta = 2 oz grain

6 oz meat sauce = 2 oz meat

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.143
<b>Grain</b>	3.200
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.536
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	571.02
<b>Fat</b>	17.56g
<b>Saturated Fat</b>	6.28g
<b>Trans Fat</b>	1.06g
<b>Cholesterol</b>	57.45mg
<b>Sodium</b>	387.23mg
<b>Carbohydrates</b>	78.37g
<b>Fiber</b>	8.53g
<b>Total Sugar</b>	13.31g
<b>Added Sugar</b>	2.13g
<b>Protein</b>	27.16g
<b>Vitamin A</b> 688.30mcg	<b>Vitamin C</b> 20.21mg
<b>Calcium</b> 54.30mg	<b>Iron</b> 5.33mg

## Nutrition - Per 100g

<b>Calories</b>	251.78
<b>Fat</b>	7.74g
<b>Saturated Fat</b>	2.77g
<b>Trans Fat</b>	0.47g
<b>Cholesterol</b>	25.33mg
<b>Sodium</b>	170.74mg
<b>Carbohydrates</b>	34.55g
<b>Fiber</b>	3.76g
<b>Total Sugar</b>	5.87g
<b>Added Sugar</b>	0.94g
<b>Protein</b>	11.97g
<b>Vitamin A</b> 303.49mcg	<b>Vitamin C</b> 8.91mg
<b>Calcium</b> 23.94mg	<b>Iron</b> 2.35mg