

# Spaghetti w/Meat Sauce

<b>Servings:</b>	1.00	<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-26634
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI BF REDC FAT	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	573201
PASTA SPAGHETTI 10IN	2 Ounce	USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE-WATER. DRAIN WELL. DRIZZLE LIGHTLY WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.	654560

## Preparation Instructions

Meat Sauce:

KEEP FROZEN Place the sealed bag in a steamer or in boiling water.

Heat for Approximately 45 minutes or until the product reaches serving temperature. CAUTION: Open the bag carefully to avoid being burned.

Spaghetti:

USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL. SAVE TIME IN YOUR OPERATION BY PRE-COOKING PASTA: UNDERCOOK BY 2 MINUTES BASED ON SUGGESTED COOK TIMES; THEN SHOCK IMMEDIATELY IN ICE WATER. DRAIN WELL. DRIZZLE WITH OLIVE OIL AND PRE-PORTION INTO AIR-TIGHT CONTAINERS. REHEAT BY DIPPING PASTA INTO BOILING WATER FOR 1 MINUTE. IF PASTA IS USED ON A STEAM TABLE, IN SOUPS, OR BAKED DISHES, REDUCE COOK TIME BY ONE-FOURTH. PASTA WILL CONTINUE TO ABSORB MOISTURE WHILE BAKING.

Pasta- 8 ounce spoodle

Sauce- ounce spoodle

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	467.02
<b>Fat</b>	16.96g
<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>	54.77g
<b>Fiber</b>	4.13g
<b>Total Sugar</b>	10.51g
<b>Added Sugar</b>	2.13g
<b>Protein</b>	22.96g
<b>Vitamin A</b> 688.30mcg	<b>Vitamin C</b> 20.21mg
<b>Calcium</b> 38.30mg	<b>Iron</b> 3.93mg

## Nutrition - Per 100g

<b>Calories</b>	205.92
<b>Fat</b>	7.48g
<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>	24.15g
<b>Fiber</b>	1.82g
<b>Total Sugar</b>	4.63g
<b>Added Sugar</b>	0.94g
<b>Protein</b>	10.12g
<b>Vitamin A</b> 303.49mcg	<b>Vitamin C</b> 8.91mg
<b>Calcium</b> 16.89mg	<b>Iron</b> 1.73mg