

Rotini W/Meat Sauce

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 8.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8458 |
| School: | Central Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|---|------------|
| ROTINI PASTA WGRAIN W/MEAT | 8 Ounce | PLACE SEALED BAG IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED Marketing Tips | 728590 |

Preparation Instructions

PLACE SEALED BAG IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES. CAUTION: OPEN BAG CAREFULLY TO AVOID BEING BURNED

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

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

8 ounce spoodle

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.250 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

| Amount Per Serving | |
|----------------------------|--------------------------|
| Calories | 361.29 |
| Fat | 17.20g |
| Saturated Fat | 6.56g |
| Trans Fat | 1.08g |
| Cholesterol | 58.06mg |
| Sodium | 486.02mg |
| Carbohydrates | 29.03g |
| Fiber | 3.23g |
| Total Sugar | 6.45g |
| Added Sugar | 1.08g |
| Protein | 20.43g |
| Vitamin A 659.14mcg | Vitamin C 24.73mg |
| Calcium 52.69mg | Iron 3.23mg |

Nutrition - Per 100g

| | | | |
|----------------------|-----------|------------------|---------|
| Calories | 159.30 | | |
| Fat | 7.59g | | |
| Saturated Fat | 2.89g | | |
| Trans Fat | 0.47g | | |
| Cholesterol | 25.60mg | | |
| Sodium | 214.30mg | | |
| Carbohydrates | 12.80g | | |
| Fiber | 1.42g | | |
| Total Sugar | 2.84g | | |
| Added Sugar | 0.47g | | |
| Protein | 9.01g | | |
| Vitamin A | 290.63mcg | Vitamin C | 10.90mg |
| Calcium | 23.23mg | Iron | 1.42mg |