

Rotini Pasta Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41758
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT	4 Ounce	BOIL KEEP FROZENPlace 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.	728590
CHEESE PARM GRTD	1/4 Ounce	Ready to eat.	164259
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place cooked pasta into foil pans top with parmesan and mozzarella cheese.

Bake at 350 degrees for 5-10 minutes.

Pan- 195361 or 361180

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	205.65
Fat	10.29g
Saturated Fat	4.28g
Trans Fat	0.54g
Cholesterol	32.78mg
Sodium	299.89mg
Carbohydrates	14.77g
Fiber	1.61g
Total Sugar	3.48g
Added Sugar	0.54g
Protein	12.22g
Vitamin A 329.57mcg	Vitamin C 12.37mg
Calcium 84.47mg	Iron 1.61mg

Nutrition - Per 100g

No 100g Conversion Available