

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