

# Rotini Pasta Bowl

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROTINI PASTA WGRAIN W/MEAT	4 Ounce	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION: Open bag carefully to avoid being burned.</b>	728590
CHEESE PARM GRTD	1/4 Ounce	Ready to eat.	164259
CHEESE MOZZ SHRD	1/4 Cup	<b>READY_TO_EAT</b> 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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<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: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available