

# Spaghetti w/ Meatballs and Garlic Breadstick



<b>Servings:</b>	50.00	<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-44189

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	4 Pound		654560
Water	6 Gallon	Bring to a rolling boil- add a little salt to water. Add pasta to water slowly- do not overcook- 10-12 minutes. Drain and run cool water over and then add a little oil to prevent sticking	Water
SAUCE SPAGHETTI FCY	1 #10 CAN	HEAT_AND_SERVE Heat & Serve add 2 quart water MIX Heat & Serve READY_TO_DRINK Heat & Serve add READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
MEATBALL CKD .65Z	200 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
BREADSTICK WGRAIN 1Z	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

## Preparation Instructions

Serve 1 cup serving -4 meatball per serving

CCPHot Hold 135 or above

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.280
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.442
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	564.09
<b>Fat</b>	14.88g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	2324.64mg
<b>Carbohydrates</b>	89.30g
<b>Fiber</b>	7.52g
<b>Total Sugar</b>	30.73g
<b>Added Sugar</b>	28.45g
<b>Protein</b>	22.72g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 191.04mg	<b>Iron</b> 7.39mg

## Nutrition - Per 100g

<b>Calories</b>	248.72
<b>Fat</b>	6.56g
<b>Saturated Fat</b>	1.54g
<b>Trans Fat</b>	0.26g
<b>Cholesterol</b>	15.87mg
<b>Sodium</b>	1024.99mg
<b>Carbohydrates</b>	39.37g
<b>Fiber</b>	3.32g
<b>Total Sugar</b>	13.55g
<b>Added Sugar</b>	12.54g
<b>Protein</b>	10.02g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 84.24mg	<b>Iron</b> 3.26mg