

Meatballs

NO IMAGE

Servings:	30.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46361
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	1 Package	BAKE KEEP FROZEN CONVECTION 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

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.050
Grain	0.000
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: 30.00

Serving Size: 4.00 Each

Amount Per Serving	
Calories	157.85
Fat	9.23g
Saturated Fat	3.59g
Trans Fat	0.62g
Cholesterol	36.90mg
Sodium	241.90mg
Carbohydrates	6.15g
Fiber	1.03g
Total Sugar	2.05g
Added Sugar	1.03g
Protein	12.30g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 60.48mg	Iron 1.03mg

Nutrition - Per 100g

No 100g Conversion Available