

Spaghetti w/ Meatballs with Garlic Breadstick HS



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52167

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	3/4 Cup	Cook Pasta accordingly in boiling water 8-10minutes. Drain, lightly toss in oil	654560
MEATBALL CKD .65Z	4 Each	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
Spaghetti Sauce	3 Ounce	Heat to 135F or above	852759
CHEESE CHED MLD SHRD FINE	1 Ounce	Portion in 1 oz souffle cups	191043
BREAD GARL TX TST SLC WGRAIN	1 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

CCP Hold hot foods at 135 °F or above.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.094
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	477.75
Fat	18.13g
Saturated Fat	6.50g
Trans Fat	0.60g
Cholesterol	51.00mg
Sodium	632.25mg
Carbohydrates	55.75g
Fiber	3.50g
Total Sugar	6.75g
Added Sugar	1.38g
Protein	24.00g
Vitamin A 45.00mcg**	Vitamin C 0.00mg**
Calcium 178.38mg	Iron 3.83mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available