

Meatballs 3 each



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57244
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	3 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

Preparation Instructions

CCP Hold hot foods at 135 °F or above

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
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: 1.00

Serving Size: 3.00 Each

Amount Per Serving	
Calories	115.50
Fat	6.75g
Saturated Fat	2.63g
Trans Fat	0.45g
Cholesterol	27.00mg
Sodium	177.00mg
Carbohydrates	4.50g
Fiber	0.75g
Total Sugar	1.50g
Added Sugar	0.75g
Protein	9.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 44.25mg	Iron 0.75mg

Nutrition - Per 100g

No 100g Conversion Available