

# Meatball with Marinara

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57562

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	5 Pound	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
SAUCE MARINARA A/P	1 #10 CAN	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714

## Preparation Instructions

For best results meatballs in cooler (<40°F Serv Safe Standard) for 24 -36hrs.

Oven Method: Meatballs and Marinara

Place contents of bag in a full-size hotel pan.

Add marinara sauce to the pan of meatballs.

Heat covered (with lid or parchment & foil) in a 350°F convection oven for approximately 25 minutes or until products reaches serving temp. 135°F (Serv Safe Standard 135°F for 15 seconds).

Once the product has reached internal temperature, place in a hot holding cabinet until service.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<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: 30.00

Serving Size: 4.00 Each

Amount Per Serving	
<b>Calories</b>	196.73
<b>Fat</b>	10.39g
<b>Saturated Fat</b>	3.59g
<b>Trans Fat</b>	0.62g
<b>Cholesterol</b>	36.93mg
<b>Sodium</b>	544.41mg
<b>Carbohydrates</b>	12.36g
<b>Fiber</b>	2.58g
<b>Total Sugar</b>	5.93g
<b>Added Sugar</b>	1.03g
<b>Protein</b>	13.86g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 76.80mg	<b>Iron</b> 1.80mg

## Nutrition - Per 100g

<b>Calories</b>	260.22
<b>Fat</b>	13.75g
<b>Saturated Fat</b>	4.75g
<b>Trans Fat</b>	0.81g
<b>Cholesterol</b>	48.85mg
<b>Sodium</b>	720.11mg
<b>Carbohydrates</b>	16.34g
<b>Fiber</b>	3.41g
<b>Total Sugar</b>	7.84g
<b>Added Sugar</b>	1.36g
<b>Protein</b>	18.33g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 101.59mg	<b>Iron</b> 2.38mg