

Meatball Sub

NO IMAGE

| | | | |
|----------------------|--------------------------------|-----------------------|------------------|
| Servings: | 57.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-58028 |
| School: | Tri-County Jr./Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| MEATBALL CKD .65Z | 10 Pound | | 785860 |
| SAUCE MARINARA | 6 Cup | HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve | 502181 |
| Cheese, Mozzarella, Part Skim, Shredded | 1 3/4 Cup | | 100021 |
| BUN SUB SLCD WGRAIN 5" | 57 Each | READY_TO_EAT | 276142 |

Preparation Instructions

10 lbs. meatballs per 4B pan.

6 cups marinara sauce per pan.

Use sub buns, 4 meatballs per sandwich.

Top with 2 Tbsp. mozzarella cheese.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.500 |
| Grain | 2.000 |
| 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: 57.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 383.12 |
| Fat | 15.97g |
| Saturated Fat | 6.74g |
| Trans Fat | 0.65g |
| Cholesterol | 51.15mg |
| Sodium | 556.75mg |
| Carbohydrates | 38.08g |
| Fiber | 3.50g |
| Total Sugar | 7.91g |
| Added Sugar | 5.29g |
| Protein | 21.33g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 131.28mg | Iron 3.29mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 409.76 |
| Fat | 17.08g |
| Saturated Fat | 7.20g |
| Trans Fat | 0.69g |
| Cholesterol | 54.71mg |
| Sodium | 595.46mg |
| Carbohydrates | 40.72g |
| Fiber | 3.74g |
| Total Sugar | 8.46g |
| Added Sugar | 5.66g |
| Protein | 22.81g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 140.41mg | Iron 3.52mg |