

# Spaghetti w/ Meat Sauce



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 set	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15435

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	1 Ounce	1 oz dry = 1/2 cup cooked	221460
SAUCE SPAGHETTI BF REDC FAT	5 3/5 Ounce	Serve using a 6oz spoodle	573201

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 set

Amount Per Serving	
<b>Calories</b>	344.22
<b>Fat</b>	15.39g
<b>Saturated Fat</b>	5.86g
<b>Trans Fat</b>	0.99g
<b>Cholesterol</b>	53.62mg
<b>Sodium</b>	361.42mg
<b>Carbohydrates</b>	32.41g
<b>Fiber</b>	3.99g
<b>Total Sugar</b>	9.44g
<b>Added Sugar</b>	1.99g
<b>Protein</b>	18.39g
<b>Vitamin A</b> 642.41mcg RAE	<b>Vitamin C</b> 18.87mg
<b>Calcium</b> 40.74mg	<b>Iron</b> 2.99mg

## Nutrition - Per 100g

<b>Calories</b>	183.97
<b>Fat</b>	8.23g
<b>Saturated Fat</b>	3.13g
<b>Trans Fat</b>	0.53g
<b>Cholesterol</b>	28.66mg
<b>Sodium</b>	193.16mg
<b>Carbohydrates</b>	17.32g
<b>Fiber</b>	2.13g
<b>Total Sugar</b>	5.05g
<b>Added Sugar</b>	1.06g
<b>Protein</b>	9.83g
<b>Vitamin A</b> 343.33mcg RAE	<b>Vitamin C</b> 10.08mg
<b>Calcium</b> 21.78mg	<b>Iron</b> 1.60mg