

# Spaghetti w/Homemade Meatballs



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29439

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Meatballs	3 Serving	1. Preheat oven to 400°F. Spray a large cookie sheet with cooking spray. 2. Mix together onion, bread crumbs, garlic, egg, cheese, ketchup, pepper and parsley in a large mixing bowl. 3. Add in ground beef and mix gently until combined. Do not overwork. Form into 1-inch balls and place on prepared cookie sheet. 4. Bake in preheated oven for 15-20 minutes or until meatballs are browned and cooked through.	R-29429
SAUCE SPAGHETTI FCY	6 Ounce		852759
PASTA SPAGHETTI 100 WHLWHE	1 Cup		654590

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	1.250
<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 Bowl

Amount Per Serving	
<b>Calories</b>	1099.46
<b>Fat</b>	23.49g
<b>Saturated Fat</b>	2.94g
<b>Trans Fat</b>	1.19g
<b>Cholesterol</b>	57.09mg
<b>Sodium</b>	5810.35mg
<b>Carbohydrates</b>	204.20g
<b>Fiber</b>	24.15g
<b>Total Sugar</b>	77.35g
<b>Added Sugar</b>	72.00g
<b>Protein</b>	35.57g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 361.05mg	<b>Iron</b> 16.18mg

## Nutrition - Per 100g

<b>Calories</b>	330.95
<b>Fat</b>	7.07g
<b>Saturated Fat</b>	0.88g
<b>Trans Fat</b>	0.36g
<b>Cholesterol</b>	17.18mg
<b>Sodium</b>	1749.00mg
<b>Carbohydrates</b>	61.47g
<b>Fiber</b>	7.27g
<b>Total Sugar</b>	23.28g
<b>Added Sugar</b>	21.67g
<b>Protein</b>	10.71g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 108.68mg	<b>Iron</b> 4.87mg