

Spaghetti w/ Meatballs and Garlic Breadstick



Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44189

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10"	4 Pound		654560
Water	6 Gallon	Bring to a rolling boil- add a little salt to water. Add pasta to water slowly- do not overcook- 10-12 minutes. Drain and run cool water over and then add a little oil to prevent sticking	Water
SAUCE SPAGHETTI FCY	1 #10 CAN	HEAT_AND_SERVE Heat & Serve add 2 quart water MIX Heat & Serve READY_TO_DRINK Heat & Serve add READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
MEATBALL CKD .65Z	200 Each	BAKE KEEP FROZENCONVECTION 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
BREADSTICK WGRAIN 1Z	50 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	406321

Preparation Instructions

Serve 1 cup serving -4 meatball per serving

CCPHot Hold 135 or above

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.280
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.442
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	564.09
Fat	14.88g
Saturated Fat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	2324.64mg
Carbohydrates	89.30g
Fiber	7.52g
Total Sugar	30.73g
Added Sugar	28.45g
Protein	22.72g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 191.04mg	Iron 7.39mg

Nutrition - Per 100g

Calories	141.52
Fat	3.73g
Saturated Fat	0.88g
Trans Fat	0.15g
Cholesterol	9.03mg
Sodium	583.23mg
Carbohydrates	22.40g
Fiber	1.89g
Total Sugar	7.71g
Added Sugar	7.14g
Protein	5.70g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 47.93mg	Iron 1.86mg