

# Spaghetti w/ Meatballs PK

NO IMAGE

<b>Servings:</b>	64.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45113
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10"	8 Pound		654560
SAUCE SPAGHETTI FCY	2 #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	852759
MEATBALL CKD .65Z	192 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
Tap Water for Recipes	22 Cup	UNPREPARED	00001WTR

## Preparation Instructions

Cooked 4# of spaghetti with 2 1/2 qt water and 1 #10 can of sauce in the steamers. Use another can of sauce and 1 can of water on the meatballs to keep them moist. For service serve 4 oz. spaghetti and 4 meatballs per serving

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.690
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	646.89
<b>Fat</b>	14.38g
<b>Saturated Fat</b>	2.63g
<b>Trans Fat</b>	0.45g
<b>Cholesterol</b>	27.00mg
<b>Sodium</b>	3292.06mg
<b>Carbohydrates</b>	112.78g
<b>Fiber</b>	9.38g
<b>Total Sugar</b>	43.27g
<b>Added Sugar</b>	40.52g
<b>Protein</b>	22.63g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 209.94mg	<b>Iron</b> 9.18mg

## Nutrition - Per 100g

<b>Calories</b>	1140.90
<b>Fat</b>	25.36g
<b>Saturated Fat</b>	4.63g
<b>Trans Fat</b>	0.79g
<b>Cholesterol</b>	47.62mg
<b>Sodium</b>	5806.10mg
<b>Carbohydrates</b>	198.90g
<b>Fiber</b>	16.54g
<b>Total Sugar</b>	76.31g
<b>Added Sugar</b>	71.46g
<b>Protein</b>	39.91g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 370.27mg	<b>Iron</b> 16.19mg