

Spaghetti w/ Meatballs PK



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45405

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	2 Ounce	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
PASTA SPAGHETTI 10"	1 Ounce	Cook Pasta accordingly in boiling water 8-10minutes. Drain, lightly toss in oil	654560
MEATBALL CKD .65Z	2 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

Preparation Instructions

Pull meatballs in a serving pan and put them into steamer and heat till 155F or above

Put sauce and water into pot or steamer and simmer for 1 hour 135F or above

Heat water for pasta to a rolling boil. Slowly add pasta and cook for 10-12 minutes until pasta is tender. Stir occasionally. Do not overcook. Drain and divide equally in pan- spray pan with pan release spray.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	377.00
Fat	9.00g
Saturated Fat	1.75g
Trans Fat	0.30g
Cholesterol	18.00mg
Sodium	1998.00mg
Carbohydrates	64.00g
Fiber	5.50g
Total Sugar	26.00g
Added Sugar	24.50g
Protein	13.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 129.50mg	Iron 5.40mg

Nutrition - Per 100g

Calories	443.27
Fat	10.58g
Saturated Fat	2.06g
Trans Fat	0.35g
Cholesterol	21.16mg
Sodium	2349.21mg
Carbohydrates	75.25g
Fiber	6.47g
Total Sugar	30.57g
Added Sugar	28.81g
Protein	15.87g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 152.26mg	Iron 6.35mg