

Spaghetti and Meatless Sauce

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45870
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 #10 CAN	HEAT_AND_SERVE Heat & Serve- add 2 quart water to sauce MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
Water	6 Gallon	READY_TO_DRINK	Water
PASTA SPAGHETTI 10"	6 Pound	1/2 cup serving	654560

Preparation Instructions

Place spaghetti and 2 quart water in pan to heat. Simmer 1 hour. 155F or higher

Heat water to rolling boil

slowly add spahetti- stir constantly. Do not overcook

Run cold water over spaghetti to slightly cool.

Serve on line and scoop 1/2 cup sauce

Portion 4 ounce serving =1 grain

Portion 8 ounce serving =2grain

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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: 4.00 Ounce

Amount Per Serving	
Calories	404.09
Fat	5.20g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1993.64mg
Carbohydrates	82.74g
Fiber	6.16g
Total Sugar	27.37g
Added Sugar	25.45g
Protein	10.96g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 106.04mg	Iron 5.97mg

Nutrition - Per 100g

Calories	742.40
Fat	9.56g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3662.75mg
Carbohydrates	152.01g
Fiber	11.32g
Total Sugar	50.29g
Added Sugar	46.76g
Protein	20.14g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 194.83mg	Iron 10.97mg