

# Penne Pasta

<b>Servings:</b>	16.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44968
<b>School:</b>	Beiriger and Wadsworth Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	16 Ounce	**Non-Whole Grain**	413350
Tap Water for Recipes	16 Gallon		000001WTR

## Preparation Instructions

Use 1 gallon of Boiling water per pound of pasta. When water has reached a boil, add 1 Tablespoon of salt and pasta. Stir occasionally to prevent sticking and keep water at rolling boil. Cook for 7-8 minutes or until al dente.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	0.50g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 5.00mg	<b>Iron</b> 0.90mg

## Nutrition - Per 100g

<b>Calories</b>	352.73
<b>Fat</b>	1.76g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	74.07g
<b>Fiber</b>	3.53g
<b>Total Sugar</b>	3.53g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.64mg	<b>Iron</b> 3.17mg