

Cooking for Kids

Recipe Sizing Report

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Mar 16, 2022

000074 - Spaghetti with Meat Balls :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 3/4 Cup	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
023572 BEEF,GROUND,80% LN MEAT / 20% FAT,RAW..... 799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM... 051504 Tomatoes, Diced, No Salt Added, Canned..... 011333 PEPPERS,SWT,GRN,RAW..... 011282 ONIONS,RAW..... 018376 BREAD,CRUMBS,DRY,GRATED,SEASONED..... 051558 Cheese, Mozzarella, Lite, Shredded..... 002030 PEPPER,BLACK..... 901071 OREGANO LEAVES,DRIED.....	20 lbs 3 lbs + 12 ozs 3 lbs + 12 ozs 2 CUPS (chopped) 1 QT (chopped) 2 qts 3 lbs 1 Tbsp + 1 TSP (ground) 1 Tbsp + 1 TSP	1. Combine all ingredients into a large mixing bowl and stir until all ingredients are fully incorporated. 2. Using a #30 scoop, portion meat balls onto sheet tray lined with parchment paper. 3. Bake at 350° F for 20 minutes or until internal temperature reaches 165° F. Hold hot for service.
799984 PASTA, PENNE, MULTI-GRAIN, DRY..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	7 lbs 6 gals	4. Boil pasta in water until tender, following manufacturer's instructions. Drain and place back into pot.
051497 Spaghetti Sauce, Low-sodium, Canned.....	8 lbs	5. Add marinara sauce and heat until internal temperature reaches 135° F. Place pasta into hotel pans. Serve using 3/4 cup scoop and with 4 meat balls per serving.

*Nutrients are based upon 1 Portion Size (3/4 Cup)

Calories	458 kcal	Cholesterol	69 mg	Sugars	*3.1* g	Calcium	*66.08* mg	42.91%	Calories from Total Fat
Total Fat	21.85 g	Sodium	410 mg	Protein	25.76 g	Iron	*3.78* mg	16.42%	Calories from Saturated Fat
Saturated Fat	8.36 g	Carbohydrates	37.91 g	Vitamin A	*203.0* IU	Water ¹	*292.35* g	*2.10%*	Calories from Trans Fat
Trans Fat ²	*1.07* g	Dietary Fiber	2.89 g	Vitamin C	*6.7* mg	Ash ¹	*1.56* g	33.09%	Calories from Carbohydrates
								22.49%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.