

DUNLAP SCHOOL DISTRICT 323

900064 - SPAGHETTI AND MEAT SAUCE 4/23 :

HACCP Process: #2 Same Day Service

Number of Portions: 1

Size of Portions: 1CUP

Alternate Recipe Name:

P/G: SPAGHETTI &

BEEF MEATSAUCE

000711 BEEF GROUND ,80/20 Raw-to Cook & Drain..	2 3/4 OZS (raw weight)
011284 ONIONS,DEHYDRATED FLAKES.....	1 tsp
002020 GARLIC POWDER.....	1/8 tsp
002030 PEPPER,BLACK.....	
904552 TOMATOES,CRUSHED,CND,HTD.....	
050541 TOMATO SAUCE, LOW-SODIUM, CANNED...	2 Tbsp + 2 5/8 tsp
014429 WATER,MUNICIPAL.....	2 Tbsp + 1 5/8 tsp
002047 SALT, TABLE.....	
002029 PARSLEY,DRIED.....	1/4 tsp
002003 SPICES,BASIL,DRIED.....	1/8 TSP (ground)
002027 SPICES,OREGANO,DRIED.....	1/8 TSP (ground)
002023 MARJORAM,DRIED.....	
002042 SPICES,THYME,DRIED.....	
014429 WATER,MUNICIPAL.....	1 3/4 cups + 2 1/2 Tbsp
002047 SALT, TABLE.....	1/8 tsp
050465 SPAGHETTI, WHOLE GRAIN, DRY.....	1 1/2 ozs

*Nutrients are based upon 1 Portion Size (1CUP)

Calories	340 kcal	Cholesterol	58 mg	Sugars	*0.6* g	Calcium	57.09 mg	28.48%	Calories from Total Fat
Total Fat	10.77 g	Sodium	598 mg	Protein	23.21 g	Iron	4.07 mg	10.81%	Calories from Sat Fat
Sat Fat	4.09 g	Carbs	39.63 g	Vitamin A	484.7 IU	Water ¹	*538.83* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	D. Fiber	5.57 g	Vitamin C	6.3 mg	Ash ¹	*2.95* g	46.58%	Calories from Carbs
								27.28%	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.