

Whole Grain Pasta with Marinara Sauce (LR100059)

HACCP Process: Process 2: Same day service
 Allergens: Contains Wheat;
 Meal Contribution: 2 WGR, 1/2 Veg-RO
 Number of Servings: 1.00 Serving Size: 1 Cup
 Moisture gain/loss%: 0.0000 Yield: 12 5/8 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Sauce, Marinara Tomato, Red Gold, RPKNA99, Veg-RO SI100467	1/2 Cup
				Pasta, Whole Grain Rotini, Dakota Growers Pasta Company, 92021, WGR SI105514	8 ounces

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	10.39	0.50	78.24	13.19	8.352

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
256.483	2.959	0.141	0	0	197.294	50.169	6.905	5.355	8.455	1.826	11.274	211.387	1.691	(M)	(M)

Nutrients per serving (354.8 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
910	10.5	0.5	0	0	700	178	24.5	19	30	6.48	40	750	6	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.