

Recipe Prep Sheet

American Dairy Association North East

990131 - Swedish Meatballs with Cheese Sauce over Pasta

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 48

Portion Size: 1c pasta/4 meat

Ingredient #	Ingredient Name	Measurements	Instructions
121528	COOKED TURKEY MEATBALLS	100 each	No Instructions Assigned
122185	Ultimate White Cheese Sauce Pouch	4 LB + 11 oz	
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	1/2 CUP	
002029	PARSLEY,DRIED	1/4 cup	
002032	PEPPER,WHITE	1/2 tbsp, ground	
002025	NUTMEG,GROUND	1/8 TSP	
006971	SAUCE,WORCESTERSHIRE	1/2 TBSP	
020653	PASTA,WHL GRAIN,51% WHL WHEAT,REMAINING ENR S	3 LB + 2 oz	
			<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>CCP: Hold for hot service at 135° F or higher</p> <ol style="list-style-type: none"> Heat meatballs in oven at 400 degrees for 12 - 15 minutes until temperature is at 165 degrees. Combine cheese sauce with milk,parsley,pepper,nutmeg,and worcestershire sauce and heat until a minimum of 165 degrees is reached. Combine sauce and meatballs together and hold for hot service at 135 degrees or higher. Follow manufacturer's directions to prepare pasta,hold warm. Portion 1 cup pasta and ladle 4 - .5oz meatballs with 3oz cheese sauce.

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 required 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 Mosaic® 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.

Recipe Prep Sheet

American Dairy Association North East

*Nutrients are based upon 1 Portion Size (1c pasta/4 meat)

Calories ¹	226.827 kcal	Total Fat	8.061 g	Total Dietary Fiber	3.757 g	Vitamin C	*0.561* mg	31.984% Calories from Total Fat
Saturated Fat ¹	4.045 g	Trans Fat ²	*0.001* g	Protein	14.095 g	Iron	1.844 mg	16.049% Calories from Sat Fat
Sodium ¹	383.844 mg	Cholesterol	*29.858* mg	Vitamin A	*9.744* IU	Water	*36.674* g	*0.002%* Calories from Trans Fat
Sugars	*1.174* g	Carbohydrate	25.224 g	Calcium	197.173 mg	Ash	*N/A* g	44.481% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.856% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	3 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

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 required 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 Mosaic® 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.