



825160 - BBQ Meatballs

Source: Farm to School

Number of Portions: 28

Size of Portion: 5 each

Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Meat/Meat Alter

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825011 Meatball, Beef, JTM 5030CE.....	1 bag, 5 lb	Thaw meatballs overnight in the refrigerator. Spray 2 inch full size pan with pan release. Place 5 lb of thawed meatballs in each prepared pan.
825159R BBQ Sauce: Reduced Sodium...	1 qt + 1 cup	Prepared BBQ sauce according to the recipe #825159. Measure 1 quart and 1 cup of school-made sauce and pour over 5 lb of thawed meatballs in prepared pans. Cover meatballs and sauce with lid or aluminum foil. Bake for 25 minutes. Remove foil and bake an additional 5 to 10 minutes for light browning of meatballs. CCP: Heat to 135° F or higher.
		Serve 5 meatballs with sauce per portion. Serving note: May be served over brown rice or whole grain-rich noodles according to the planned menu. CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (5 each)

Calories	203 kcal	Cholesterol	*39* mg	Sugars	*5.8* g	Calcium	44.43 mg	45.99%	Calories from Total Fat
Total Fat	10.39 g	Sodium	410 mg	Protein	13.80 g	Iron	2.42 mg	17.29%	Calories from Saturated Fat
Saturated Fat	3.90 g	Carbohydrates	13.35 g	Vitamin A	793.8 IU	Water ¹	*6.36* g	*2.71%*	Calories from Trans Fat
Trans Fat ²	*0.61* g	Dietary Fiber	2.45 g	Vitamin C	1.2 mg	Ash ¹	*0.01* g	26.28%	Calories from Carbohydrates
								27.15%	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.