



## 825096 - Italian Meatballs

Source: K12 Culinary

Number of Portions: 30

Size of Portion: 2 each

### Components:

Meat/Alt: 5 oz

Grains:

Fruit:

Vegetable: 0.25 cup

Milk:

### Recipe Subgroups:

Vegetable, Red/Orange

### Attributes:

Meat/Meat Alter

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
023570 BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBL....	10 LBS (raw)	Thaw 85/15 raw ground beef in refrigerator on bottom shelf. Be sure to place beef in a pan to catch any drippings. <b>CCP: Hold at 41 degrees F. or lower.</b>
825023R Seasoning Blend, Italian.....	2 Tbsp + 2 tsp	<b>CCP: No bare hand contact with ready to eat food.</b> Prepare school made Italian Blend Seasoning according to recipe #825023 and store in a plastic seasoning container in a cool, dry location. This seasoning blend is shelf stable and may be used in a variety of recipes!
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT..... 014429 WATER,MUNICIPAL..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 002029 PARSLEY,DRIED..... 002030 PEPPER,BLACK..... 799903 GARLIC,GRANULATED..... 002047 SALT, TABLE.....	1 lb 10 OZS (frozen) 3 cups 10 ozs 1/2 cup + 1 Tbsp 1 Tbsp + 1/2 TSP (ground) 1 Tbsp + 1/2 tsp 2 1/2 tsp	Weigh oats and onions and place in large mixing bowl or mixer with flat paddle. Add oats, onions, water, eggs, parsley, school made Italian seasoning blend, black pepper, garlic, and salt and mix well. Add beef and mix until oatmeal is completely seen throughout the meat.
		Line 2 full size sheet pans with parchment paper, then spray with pan release.  Using a no. 20 disher, portion meatballs 6 across and 8 down. To prevent lumping, press the meat after portioning into the no. 20 disher to compact prior to panning. (Note: the second pan will contain only 12 meatballs if preparing 10 lb of beef.)  Bake at 325 degrees F for 15 to 20 minutes. <b>CCP: Heat to 165° F or higher for at least 15 seconds</b>

825003R Marinara Sauce: School Made.....	1 qt + 3 1/2 cups	<p>Prepare school made marinara sauce according to recipe # 825003. If sauce is cooked and cooled ahead of time, reheat to</p> <p><b>CCP:</b> Heat to 135° F or higher.</p>
		<p>Spray 2 inch deep full size steamtable pan with pan release. Transfer 48 meatballs to each pan. Note: when preparing 10 lb of beef, the second pan will contain only 12 meatballs.</p> <p>Top pan of 48 meatballs with 1 1/2 quart Marinara sauce and the pan of 12 meatballs with 1 1/2 cups of sauce. Serve 2 meatballs and 1/4 cup school-made Marinara sauce per portion.</p> <p>Serve with pasta, rice, or breadsticks, etc. as required by the menu. <b>CCP:</b> Hold for hot service at 135° F or higher</p>

\*Nutrients are based upon 1 Portion Size (2 each)

Calories	364	kcal	Cholesterol	124	mg	Sugars	*0.9*	g	Calcium	58.93	mg	43.52%	Calories from Total Fat
Total Fat	17.60	g	Sodium	401	mg	Protein	32.20	g	Iron	4.58	mg	15.66%	Calories from Saturated Fat
Saturated Fat	6.33	g	Carbohydrates	16.39	g	Vitamin A	284.7	IU	Water <sup>1</sup>	*88.63*	g	*1.37%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.55*	g	Dietary Fiber	2.19	g	Vitamin C	3.5	mg	Ash <sup>1</sup>	*1.87*	g	18.01%	Calories from Carbohydrates
												35.37%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.