825003 - Marinara Sauce: School Made

Source: K12 Culinary
Number of Portions: 28
Size of Portion: 1/2 cup

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:		Vegetable, Red/Orange	Vegetables
Grains:			
Fruit:			
Vegetable:	0.5 cup		
Milk:			

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050543 SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, C...	1 pouch, 106 oz	Combine meatless spaghetti sauce, tomato sauce, frozen onions, bay leaves, basil, garlic, oregano, parsley, black pepper, and sugar in steam jacketed kettle or stockpot.
825316 Tomato Sauce, Red Gold 72940-81800........................	2 cups	(If frozen onions are not available, use fresh onions. Prepare by peeling and rinsing under running water and cut into very small dices. Steam or sauté before including in sauce to avoid large pieces of visible onion.)
011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT.......	1 CUP (chopped/diced)	
900164 BAY LEAVES..	3 each, leaf	
002003 SPICES,BASIL,DRIED...	1 Tbsp	
799903 GARLIC,GRANULATED..	1 Tbsp	Bring to a boil, then reduce to a simmer. Cook covered for about 45 minutes or until liquid has thickened and reduced to 3 1/2 quaarts.
002027 SPICES,OREGANO,DRIED..	1 TBSP (leaves)	
002029 PARSLEY,DRIED..	1 Tbsp	
002030 PEPPER,BLACK..	1 tsp	
019335 SUGARS,GRANULATED...	1 Tbsp	**CCP:** Heat to 135° F or higher.
		Marinara sauce may be used as sauce for spaghetti and meatballs, dipping sauce, pizza sauce, meatball subs, topping for pasta, etc. It is included as a sub-recipe in several other K-12 Culinary menu items.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	63	kcal	Cholesterol	0	mg	Sugars	*1.2* g	Calcium	27.25 mg	14.15% Calories from Total Fat
Total Fat	0.99	g	Sodium	202	mg	Protein	1.45 g	Iron	1.33 mg	2.55% Calories from Saturated Fat
Saturated Fat	0.18	g	Carbohydrates	11.83	g	Vitamin A	420.9 IU	Water[1]	*6.97* g	*0.00%* Calories from Trans Fat
Trans Fat[2]	*0.00*	g	Dietary Fiber	0.56	g	Vitamin C	5.2 mg	Ash[1]	*0.06* g	75.25% Calories from Carbohydrates
										9.19% 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for   Printed 8/18/2016
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.