



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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
023570 BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBL.... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT.....	10 LBS (raw) 10 OZS (frozen)	Thaw 85/15 raw ground beef in refrigerator on bottom shelf. Weigh and thaw the frozen onions. CCP: Hold at 41° F or lower.
825023R Seasoning Blend, Italian.....	2 Tbsp + 2 tsp	CCP: No bare hand contact with ready to eat food. 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..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 002029 PARSLEY,DRIED..... 002030 PEPPER,BLACK..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE.....	1 lb 3 cups 1 1/4 cups 1/2 cup 1 TBSP (ground) 1 Tbsp 2 1/2 tsp	Weigh oats and place in large mixing bowl or mixer with flat paddle. Add thawed onions, water, eggs, parsley, school made Italian Seasoning Blend, black pepper, granulated garlic, and salt and mix well. Add beef and mix until oatmeal is evenly dispersed and visible throughout the meat.
		Line 2 full size sheet pans with parchment paper, then spray with food release. Using a no. 20 disher (approximately 2 Tbsp), 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° F for 15 to 20 minutes. CCP: Heat to 165° F or higher.

825003R Marinara Sauce: School Made.....	1 qt + 3 1/2 cups	Prepare school made marinara sauce according to recipe # 825003. If sauce is cooked and cooled ahead of time, reheat to 165° F. CCP: Heat to 135° F or higher.
		Spray 2 inch full size pan with food release. Transfer 48 meatballs to each pan. Note: when preparing 10 lb of beef, the second pan will contain only 12 meatballs. 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. Serve with pasta, rice, or breadsticks, etc. as indicated by the menu planner. CCP: Hold for hot service at 135° F or higher.

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

Calories	353 kcal	Cholesterol	126 mg	Sugars	*1.9* g	Calcium	58.98 mg	45.09%	Calories from Total Fat
Total Fat	17.68 g	Sodium	308 mg	Protein	32.13 g	Iron	4.35 mg	16.18%	Calories from Saturated Fat
Saturated Fat	6.34 g	Carbohydrates	13.61 g	Vitamin A	292.6 IU	Water ¹	*100.86* g	*1.41%*	Calories from Trans Fat
Trans Fat ²	*0.55* g	Dietary Fiber	2.52 g	Vitamin C	6.4 mg	Ash ¹	*1.91* g	15.43%	Calories from Carbohydrates
								36.42%	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.