



825028 - Meatballs, Mega with Marinara

Source: K12 Culinary

Number of Portions: 40

Size of Portion: each

Alternate Recipe Name: Italian Mega Meatballs

Alternate Recipe Name 2: Meatloaf with Marinara

Components:

Meat/Alt: 3 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....	10 LBS (raw)	Thaw 85/15 raw ground beef in refrigerator on bottom shelf.
825023R Seasoning Blend, Italian.....	2 Tbsp + 1 tsp	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! CCP: No bare hand contact with ready to eat food.
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT..... 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 10 ozs 3 cups 10 ozs 1/2 cup + 1 Tbsp 1 Tbsp + 1 tsp 1 Tbsp + 1 tsp 2 1/2 tsp	Weigh and thaw frozen onions. Weigh oats and place in large mixing bowl or mixer with flat paddle. Add onions, water, eggs, parsley, school made Italian Seasoning Blend, black pepper, garlic, and salt. Mix well. Add beef and mix until oatmeal is evenly distributed and visible throughout the meat.
		Line 2 full size sheet pans with parchment paper, then spray with food release. Using a no. 6 disher, portion meatballs 4 across and 6 down. To prevent lumping, press the meat lightly into the no. 6 disher to compact prior to releasing onto the pan liner. (Note: 10 lb of raw ground beef will make 40 mega meatballs so the second pan will have only 16 portions on the pan.) Bake at 325° F for 20 to 25 minutes. CCP: Heat to 165° F or higher.

825003R Marinara Sauce: School Made.....	2 qts + 1 PT	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 165° F or higher.
		Spray 2 inch full size pan with food release. Transfer 24 meatballs to each pan. (Note: If preparing the recipe as written for only 10 lb of beef, the second pan will contain only 16 meatballs.) Top pans of 24 portions with 1 ½ quart marinara sauce. (This provides 1/4 cup of sauce with each mega meatball.) The second pan of 16 meatballs is topped with 1 quart of sauce. Serve 1 mega meatball and 1/4 cup sauce per portion. CCP: Hold for hot service at 135° F or higher.

*Nutrients are based upon 1 Portion Size (each)

Calories	270 kcal	Cholesterol	93 mg	Sugars	*1.9* g	Calcium	48.00 mg	44.51%	Calories from Total Fat
Total Fat	13.35 g	Sodium	233 mg	Protein	24.22 g	Iron	3.37 mg	15.88%	Calories from Saturated Fat
Saturated Fat	4.76 g	Carbohydrates	11.23 g	Vitamin A	271.3 IU	Water ¹	*81.74* g	*1.38%*	Calories from Trans Fat
Trans Fat ²	*0.41* g	Dietary Fiber	2.10 g	Vitamin C	6.3 mg	Ash ¹	*1.46* g	16.65%	Calories from Carbohydrates
								35.91%	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.