

# Quest Food Management

000785 - sandwich - meatball sub small : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: each Alternate Recipe Name: Small Meatball Sub	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903432 bread bun hot dog ww gfs 517830..... 900338 meatballs gfs cooked 197645..... 000731R sauce, house spaghetti meatles..... 901970 cheese mozzarella 2% shredded gfs....	50 bun 6 lbs + 4 ozs 3 qts + 1/2 cup 3 lbs + 2 ozs	Heat meatballs on paper lined cookie sheet at 350 until internal temp of 160 degrees.  Prepare marinara sauce (according to Quest recipe) add meatballs to heated sauce. recipe #731  Using whole wheat hot dog bun- place (4) meatballs, sauce Put in 2" full pan - lined with paper and a rack if you have one.. Cover with saran wrap, place in warmer (hot box) to melt cheese.  4 meat balls /1 oz shredded mozzarella per sandwich

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

Calories	392 kcal	Cholesterol	42 mg	Protein	23.12 g	Calcium	254.09 mg	52.26%	Calories from Total Fat
Total Fat	22.74 g	Sodium	1138 mg	Vitamin A	95.7 RE	Iron	2.93 mg	12.26%	Calories from Saturated Fat
Saturated Fat	5.34 g	Carbohydrates	32.30 g	Vitamin A	478.5 IU	Water <sup>1</sup>	*23.03* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.09 g	Vitamin C	7.8 mg	Ash <sup>1</sup>	*0.32* g	32.98%	Calories from Carbohydrates
								23.61%	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