

Revved up rosa pasta and meatballs

Recipe group Entree, Italian	Additional name K12 PF deck	Diet factors VG, NF	Portions 12	Portion size 11.94 oz
---------------------------------	--------------------------------	------------------------	----------------	--------------------------

Name of ingredient	AP	Capacity measure	EP	Trim loss	Methods
1 Vegan Meatballs	2 lb 6.10 oz	36 ea	2 lb 6.10 oz	0%	For meatballs: Prepare meatballs according to package instructions.



Cooked meatless meatballs

Name of ingredient	AP	Capacity measure	EP	Trim loss	Methods
2 Sauce, Marinara, low sodium, canned	1 lb 5.88 oz	2 1/2 cup	1 lb 5.88 oz	0%	For rosa sauce: In blender, combine all ingredients in step 2. Blend until smooth.
Tofu, Extra Firm	11.19 oz	1 1/4 cup	11 oz	2%	
Tomatoes, Cherry, small	5.40 oz	1 cup	5.13 oz	5%	
Water, hot	2.64 oz	1/3 cup	2.64 oz	0%	
Seasoning, Italian	0.12 oz	1 tbsp	0.12 oz	0%	
Garlic, cloves, peeled, chopped	0.54 oz	1 tbsp	0.48 oz	12%	
Onion, powder	0.08 oz	1 tsp	0.08 oz	0%	



Pureed sauce

Name of ingredient	AP	Capacity measure	EP	Trim loss	Methods
3					In a sauce pan, simmer rosa sauce over low heat. Alternatively: Put sauce in hotel pan and heat in steamer. Hold hot for service, stirring occasionally.

3



Sauce simmering

Name of ingredient	AP	Capacity measure	EP	Trim loss	Methods
4 Pasta, Spaghetti, Whole Wheat, cooked	3 lb 15.92 oz	12 cup	3 lb 15.92 oz	0%	For service: Portion 1 cup hot pasta onto a plate and top with 1/2 cup rosa sauce and 3 meatballs.



Pumped-up rosa sauce with pasta and meatballs

MEMO

Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, and ¼ cup red/orange vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives		% of energy	Calories	Minerals			
Total fat	3.65 g	11.37 %	283.66 kcal 1,186.86 kJ	Salt	0.07 g		
Saturated	0.56 g	1.75 %		Salt	0.02 %	Vitamins	
Monounsaturated	0.55 g	1.72 %	Sodium	26.28 mg	Vitamin A	18.53 µg	
Polyunsaturated	1.64 g	5.10 %	Phosphorus	217.20 mg	Vitamin D	0.00 µg	
Trans fatty acids	0.00 g	0.00 %	Potassium	409.73 mg	Thiamine	0.29 mg	
Cholesterol	0.00 mg		Iron	4.86 mg	Riboflavin	0.21 mg	
Linolenic acid	1.50 g	4.69 %	Calcium	122.32 mg	Niacin	5.26 mg	
Alpha-linolenic acid	58.92 mg	0.18 %	Zinc	2.13 mg	Vitamin B6	0.26 mg	
Total Carbohydrate	53.70 g	76.92 %	Chloride	0.00 mg	Vitamin B12	0.00 µg	
Sugars total	4.28 g		Chromium	0.00 µg	Folate	0.00 µg	
Added sugar	0.00 g	0.00 %	Fluoride	0.00 mg	Biotin	0.00 µg	
Lactose	0.00 g		Magnesium	89.45 mg	Choline	0.00 mg	
Fiber	8.20 g	5.53 %	Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg	
Organic acids	0.00 g	0.00 %	Iodine	0.00 µg	Vitamin C	7.56 mg	
Sugar alcohol	0.00 g	0.00 %	Selenium	54.50 µg	Vitamin E	1.24 mg	
Starch	39.85 g	57.08 %	Copper	0.51 mg	Vitamin K	3.36 µg	
Protein	11.94 g	17.10 %					
Alcohol	0.00 g	0.00 %					
					Others		
					Water	177.44 g	

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.