

Kentucky Dept. of Education

001419 - Inside out Ravioli

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Servings

Meat/Alt: 2.5 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Pikeville HS

| | | |
|---|--|---|
| 904019 Diced tomatoes, 28 oz can..... 4 (28 oz can) 799939 GARLIC,RAW..... 8 cloves, minced 903846 Extra Virgin Olive Oil..... 3/4 CUP 904006 Basil Leaves, chiffonade..... 12 TBSP 011260 MUSHROOMS,RAW..... 1 LB,chopped 902559 Sugar..... 1 (1 tsp) 050541 TOMATO SAUCE, LOW-SODIUM, CANNED..... 60 OZ 902819 Tomato Paste..... 24 OZ | | Mince the garlic and still in 4 tsp water. Heat 8 Tbsp oil with garlic over medium high heat. Cook 5 minutes. Place mushrooms in the pan and saute 8-10 minutes. Stir in the tomatoes and simmer 10 minutes. Stir in the basil, sugar and tomato products. Season with Kosher salt. Set aside. |
| 799941 SPINACH,RAW..... 8 CUP | | Wash spinach and drain completely. Heat remaining olive oil. Saute spinach until just wilted, 5-7 minutes. Rough chop. Set aside. |
| 903229 Ground Beef - USDA 85/15 -..... 6 LB 011282 ONIONS,RAW..... 4 Medium, chopped 903893 EGGS..... 8 slightly beaten | | Add ground meat and onion to pan. Season with salt and pepper. Cook until the internal temperature is 160 degrees. Set aside. Combine cooled tomato sauce and ground meat mixture with beaten eggs in a bowl. |
| 050346 CHEESE, CHEDDAR, YELLOW, SHREDDED... 32 OZ 020653 Pasta, whole grain..... 1 LB | | Cook the pasta in salted water until al dente. Mix in chopped spinach and pour mixture into buttered baking dishes. Top with grated cheese. Next pour tomato/meat mixture over pasta. Finish by topping with parmesan cheese. Bake 30 minutes at 350 degrees. CCP: Hold at 135 degrees for service. |

*Nutrients are based upon 1 Portion Size (Servings)

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|------------------------|----------|---------------|------------|-----------|-------------|--------------------|-------------|----------|-----------------------------|
| Calories | 328 kcal | Cholesterol | *20.00* mg | Sugars | *0.75* g | Calcium | *146.42* mg | 54.67% | Calories from Total Fat |
| Total Fat | 19.94 g | Sodium | 313.54 mg | Protein | 19.86 g | Iron | *1.08* mg | 21.43% | Calories from Sat Fat |
| Saturated Fat | 7.82 g | Carbohydrate | *19.45* g | Vitamin A | *948.86* IU | Water ¹ | *21.90* g | *4.09%* | Calories from Trans Fat |
| Trans Fat ² | *1.49* g | Dietary Fiber | *2.01* g | Vitamin C | *3.77* mg | Ash ¹ | *0.37* g | *23.69%* | Calories from Carbohydrates |
| | | | | | | | | 24.20% | 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 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.