



Swedish

MEATBALLS

This recipe was developed in partnership with



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MEAL PATTERN CONTRIBUTION

- 3 M/MA
- 2 oz. grain serving

YIELD

- 25 Servings

PORTION

- 1 cup pasta
- 4 meatballs
- 3 oz. cheese sauce

INGREDIENTS

- Turkey Meatballs (100 each)
- LAND O LAKES® Ultimate White Cheese Sauce (4 lbs. + 11 oz.)
- Milk, fat-free (½ cup)
- Parsley, chopped (¼ cup)
- Pepper, white ground (1-½ tsp.)
- Nutmeg, ground (⅛ tsp.)
- Worcestershire sauce (1 ½ tsp.)
- Rotini pasta, whole grain, dry (3 lbs. + 2 oz.)

PREPARATION

1. Heat meatballs in combi-oven at 400 °F with 40% moisture for 12 - 15 minutes until temperature is at 165 °F. (CCP)
2. Combine cheese sauce with milk, parsley, pepper, nutmeg and Worcestershire sauce and heat until a minimum of 165 °F is reached. (CCP)
3. Combine sauce and meatballs together and hold for hot service at 135 °F or higher. (CCP)
4. Follow manufacturer's directions to prepare pasta, hold warm.
5. Portion 1 cup pasta and ladle 4 meatballs with 3 oz. cheese sauce.

Nutrients Per Serving

Calories: 425 kcal	Carbs: 47 g	Sat Fat: 7 g	Vitamin A: 161 IU	Iron: 1.88 mg	Sodium: 765 mg
Protein: 25 g	Total Fat: 16 g	Cholesterol: 60 mg	Vitamin C: .87 mg	Calcium: 308 mg	Dietary Fibers: 6 g