

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 | 4 (28 oz can) 8 cloves, minced 3/4 CUP 12 TBSP 1 (1 tsp) 60 OZ 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 | 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 | 6 LB 4 Medium, chopped 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. |
| 050346 CHEESE, CHEDDAR, YELLOW, SHREDDED... 32 OZ 020653 Pasta, whole grain..... 1 LB | 32 OZ 1 LB | Combine cooled tomato sauce and ground meat mixture with beaten eggs in a bowl. 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.