

Swedish Meatballs

with **Alfredo Buds®**

Group: Entree

Number of Portions: 30

Size of Portions: 4 Meatballs with Sauce



INGREDIENTS

MEASURE

Buttermist® Food & Pan Release Spray

Alfredo Buds, Dry

16 oz.

Hot Tap Water

2 qt.

1% Milk

2/3 Cup

Onions, Chopped

5 Cups

Garlic, Minced

3 tsp.

Mushrooms, Raw, Sliced

2 lb.

Butter Buds®, Dry

1/3 Cup

Hot Tap Water

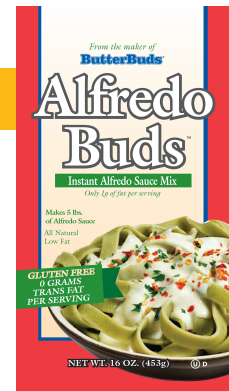
1 Cup

Meatballs (4 = 2oz.)

5 lb.

Sour Cream, Fat Free

16 oz.



PREPARATIONS

Spray full size 4" deep hotel pan with Buttermist.

Mix Alfredo Buds and hot tap water together in hotel pan. Stir well to reconstitute.

Add milk and stir.

Mix Butter Buds and hot tap water together. Stir well to reconstitute.

In a large pot, add Butter Buds, onion and garlic; sauté for 4-5 minutes. Add mushrooms; sauté for 5 additional minutes. Add to hotel pan.

Add frozen meatballs to hotel pan and stir together. Cover and cook for 30 minutes at 375°F until meatballs reach proper serving temperature.

Add sour cream before serving. Stir together. Hold at proper temperature until serving. Serve over rice or noodles.

Nutritional Information

Nutrients are based upon 1 Portion Size: 4 meatballs with sauce

Calories	267 kcal	Cholesterol	68.75 mg	Protein	17.26 g	Calcium	78.65 mg	36.36% Calories from Total Fat
Total Fat	10.80 g	Sodium	618.85 mg	Vitamin A	38.83 RE	Iron	2.22 mg	13.00% Calories from Saturated Fat
Saturated Fat	3.86 g	Carbohydrate	25.40 g	Vitamin A	189.71 IU	Water¹	139.95 g	0.00%* Calories from Trans Fat
Trans Fat¹	0.00 g	Dietary Fiber	15.25 g	Vitamin C	5.55 mg	Ash¹	0.58 g	38.00% Calories from Carbohydrates
								25.82% Calories from Protein

Allergens

Contains milk

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



HACCP Process: #2 Same Day Service

5-18-15