

# Good Nutrition

**Recipe: 000037 Noodle-Eating-Poodle Noodles 2**

Recipe Source: See below.

Recipe Group: BREAD/ROLLS/STARCH

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:

Number of Portions: 32

Size of Portion: 1 cup

		<p>Recipe adapted with permission by Evans &amp; Brennan, LLC from Green Eggs and Ham Cookbook by Georgeanne Brennan with photographs by Frankie Frankeny</p> <p>TM &amp; copyright © 2006 by Dr. Seuss Enterprises, L.P.                  Text copyright © 2006 by Georgeanne Brennan (excluding Dr. Seuss excerpts)                  Photographs copyright © 2006 by Frankie Frankeny (excluding Dr. Seuss images)</p>
014429 WATER,MUNICIPAL..... 902464 SALT,KOSHER..... 902552 Pasta,WholeGrain-Rich,Rotini(Fusilli,Spiral).....	16 QT 1 TBSP + 1 TSP 4 LB	1. In a large stock pot, bring the water to a boil. Add the salt, then the pasta. Cook until tender, about 12 to 13 minutes. Drain.
902867 OLIVE OIL, EXTRA VIRGIN..... 902464 SALT,KOSHER.....	1 CUP 1 TBSP + 1 TSP	2. Put the pasta in a large container and add the olive oil and salt. 3. Using large spoons, turn the pasta over and over until it is coated with the olive oil.
001032 CHEESE,PARMESAN,GRATED.....	1 LB	4. Add about a third of the cheese, then turn the pasta again. 5. Put the pasta for 32 into 1 - 12 x 20 x 2" pan. 6. Sprinkle with the remaining cheese.
<p>Serve 1 cup, using 2 - #8 scoops or a 1 cup spoodle.</p> <p>Yield = 40 servings per 12 x 20 x 2" pan and 20 per 12 x 10 x 2" pan.</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>		

\*Nutrients are based upon 1 Portion Size (1 cup)

Calories	323 kcal	Cholesterol	12.47 mg	Protein	12.54 g	Calcium	171.85 mg	34.31%	Calories from Total Fat
Total Fat	12.32 g	Sodium	808.99 mg	Vitamin A	24.52 RE	Iron	1.99 mg	9.42%	Calories from Saturated Fat
Saturated Fat	3.38 g	Carbohydrates	42.09 g	Vitamin A	122.61 IU	Water <sup>1</sup>	476.48 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.07 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	3.13 g	52.08%	Calories from Carbohydrates
								15.52%	Calories from Protein

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\*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  
<sup>1</sup> - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 0.5 oz				? - Milk
Grain..... 2 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<b><u>Moisture &amp; Fat Change</u></b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	902464	SALT,KOSHER			
I	902552	Pasta,WholeGrain-Rich,Rotini(Fusilli,Spiral)			
I	902867	OLIVE OIL, EXTRA VIRGIN			
I	902464	SALT,KOSHER			
I	001032	CHEESE,PARMESAN,GRATED			

**Notes**

**Production Notes:**

The pasta may also be cooked in a steamer. Add all of the salt in step 2 if using steamed pasta.

**Serving Notes:**

**Purchasing Guide:**

1 oz of dry pasta = 1/2 cup or 1 oz eq Grain

**Miscellaneous Notes:**

2 oz eq WGR Grain  
 1/2 oz eq Meat/Meat Alternate

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