

**PorcupineMeatballs/BrownGravyRev25**

Number of Servings: 25 (171.15 g per serving)

Amount	Measure	Ingredient
3 3/4	oz	Margarine, 80% fat, unsalted, stick
1 1/2	tsp	Spice, onion, pwd
5/8	tsp	Spice, pepper, black
1 1/2	tsp	Herb, marjoram, leaves, ground
5/8	tsp	Herb, thyme, ground
1 1/3	cup	Flour, all purpose, white, bleached, enrich
6.00	cup	Broth, beef, clear, rducd sodium, rts, cnd
5.00	lb	Beef, ground, hamburger, raw, 5% fat
1 1/3	cup	Onion, white, fresh, chpd
1 3/4	cup	Rice, white, long grain, enrich, dry
2 1/2	tsp	Spice, pepper, white

**Nutrients per serving**

### Nutrition Facts

Serving Size (171g)  
Servings Per Container

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Amount Per Serving

<b>Calories 230</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 22g</b>	

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Vitamin A 4% • Vitamin C 2%

Calcium 2% • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Instructions**

PREPARE BROWN GRAVY TO SERVE WITH MEATBALLS (first 7 ingredients):  
 Melt margarine. Stir in spices and flour. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth. Cook stirring constantly until thickened.  
 Serve 2 oz (1/4 cup) per serving  
 1 serving = 0 CS unless more than 1/4 cup is served.

- Holding :**
- Hold for hot service at an internal temperature of 135 F or higher.
- Cooking :**
- Cook to an internal temperature of 155 F for 15 seconds.
- Food Handling :**
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
  - Single gloves should be used for only one task and then discarded.

Mix ground beef, onions, uncooked rice and pepper. Form mixture into 4 oz meatballs using a #8 scoop (weigh one meatball when forming to determine if roundness of scoop is needed to = 4 oz).  
 Place onto lined sheet pans, cover with foil and bake at 350 degrees F for one hour and until meatballs reach an internal temperature of 160 degrees F. Combine meatballs with Brown Gravy prepared for the same # servings as the yield of the Porcupine Meatballs recipe being prepared.  
 1 serving = 1 meatball served covered with/served with ~2 oz gravy = 1 CS

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