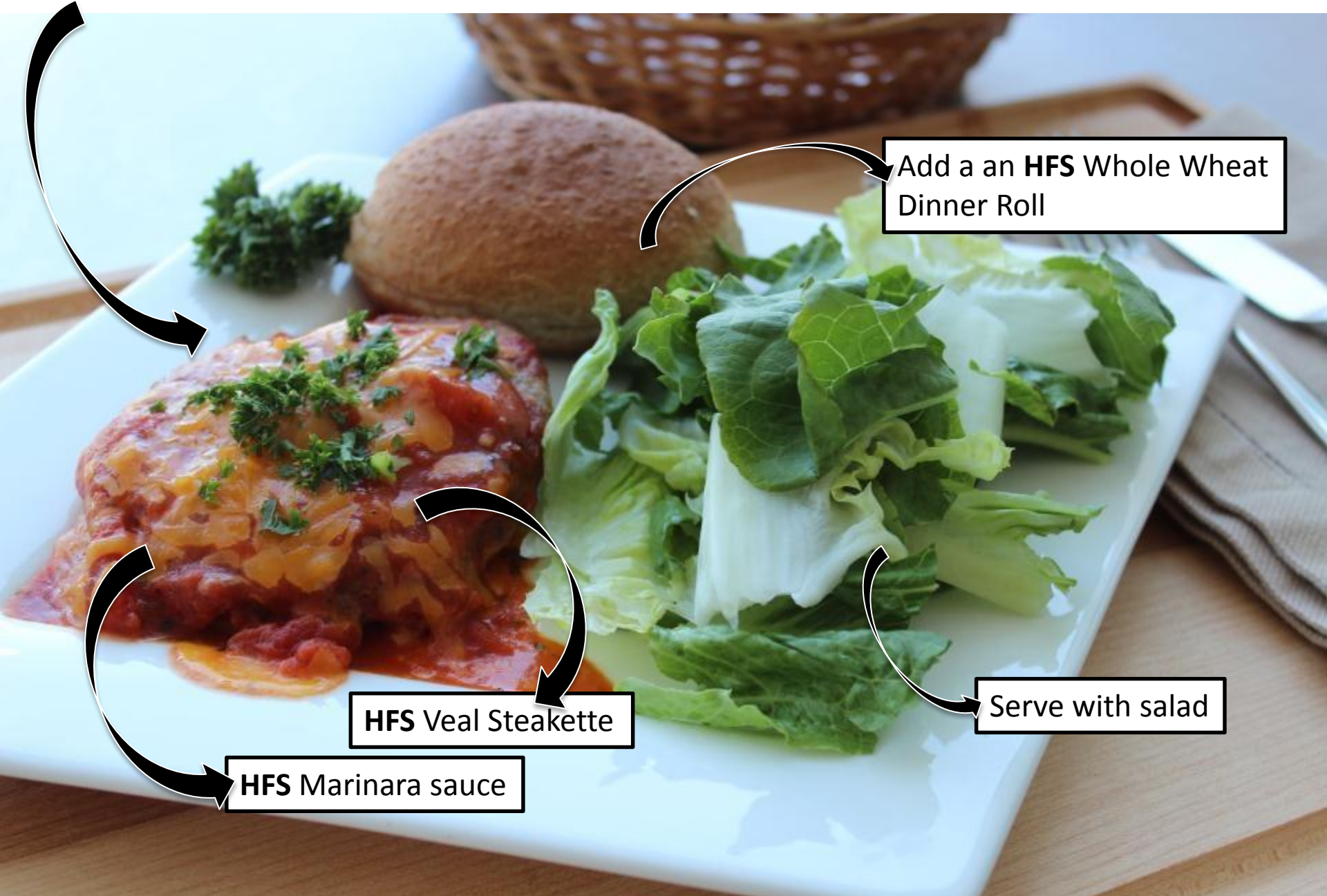


# ITALIAN VEAL PARMIGIANA



Add a an **HFS** Whole Wheat Dinner Roll

**HFS** Veal Steakette

**HFS** Marinara sauce

Serve with salad

# ITALIAN VEAL PARMIGIANA RECIPE

Portions: 32

## INGREDIENTS

- 2 pans **HFS Veal Steakette** (Sysco 7778024, GFS 1218868)
- 1 pouch **HFS Marinara Sauce** (Sysco [6191411](#))
- 24 oz shredded cheese (Sysco 2188548, GFS 1089299)
- 32 **HFS Whole Wheat Dinner Rolls** (Sysco [1873375](#))

## PREPARATION

Remove peach paper between layers of veal steakettes, and place 8 veal steakettes in each pan (will make 4 pans).

Cover the steakettes with  $\frac{1}{4}$  bag of marinara sauce and sprinkle with 6 oz of grated cheese for each pan.

Cook for 30 minutes with a lid on and Remove lid during last 5 minutes for browning if desired.

## Nutrition Facts

Serving Size 1 Steakette with 56ml  
Marinara Sauce and 15g Grated Cheese  
(196g)

Amount Per Serving

**Calories** 302

% Daily Values\*

**Total Fat** 9.3g **14%**

Saturated Fat 0.8g **4%**

Trans Fat 0g

**Cholesterol** 103.6mg **35%**

**Sodium** 579mg **24%**

**Total Carbohydrate** 25.5g **9%**

Dietary Fiber 2.3g **9%**

Sugars 4.1g

**Protein** 30.9g **62%**

\*Percent Daily Values are based on a 2,000 calorie diet.

