

# SPAGHETTI & PLANT-BASED MEATBALLS

This “plus-two” assembly recreates the timeless appeal of traditional spaghetti and meatballs using 100% plant-based protein. By pairing tender, fully cooked spaghetti and rich, Old World Marinara with Gardein plant-based meatballs, healthcare kitchens can offer a familiar, hearty entree that appeals to vegetarians and those looking to reduce meat consumption. It provides the same savory satisfaction and texture as the original, while maintaining excellent nutritional control.



## Ingredients:


- 6 oz. Tavolini Fully Cooked Spaghetti (GFS #835910)
- 4 oz. Tavolini Old World Marinara Sauce GFS #357507)
- 3 each Gardein Plant Based Meatballs (GFS #845461)

**Tastefully Balanced Nutritional Info**  
750mg Sodium or less | 15g protein or more

## Nutritional Highlights (per 12 oz. serving)

This profile is exceptionally well-balanced, offering the protein levels typically found in meat-based entrees with a superior fiber and mineral profile:

- **High-Protein Meat Alternative:** Delivers **22g of protein (43% DV)**, proving that plant-based options can effectively meet the high-protein requirements of healthcare residents.
- **Fiber-Rich:** Contains **6g of dietary fiber**, supporting digestive health and sustained satiety.
- **Low Saturated Fat & Cholesterol-Free:** With only **2.5g of saturated fat** and **0mg of cholesterol**, this is a premier heart-healthy entree.
- **Essential Mineral Support:** An excellent source of **potassium (20% DV)** and **iron (20% DV)**, which are critical for cardiovascular health and energy levels.

| Product   | Description   | Code # | Pack Size |
|---|---|--------|-----------|
|  <b>Tavolini®</b><br>Fully Cooked Spaghetti   | Fully cooked, al dente spaghetti noodles.   | 835910 | 4/5 lb.   |
|  <b>Tavolini®</b><br>Old World Marinara Sauce | Crafted with sun-ripened tomatoes and slow-simmered with a touch of onion, garlic, and classic Italian spices for a rich, vibrant flavor your guests will love! | 357507 | 4/4 lb.   |

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

