

Chicken Alfredo

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Pasta w/ Chicken

Nutrition Information

Calories	1042.35	Protein	55.49g
Fat	13.08g	SaturatedFat	3.25g
Trans Fat	0.00g	Cholesterol	77.39mg
Carbohydrates	169.58g	Fiber	16.00g
Sugar	10.75g	Sodium	662.21mg
Iron	7.92mg	Vitamin C	0.00mg
Vitamin A	205.88IU	Calcium	273.85mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	152121	CHIX BRST GRLLD CKD 3Z 2- 5 TYS	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.

Measurement	DistPart #	Description	Preparation Instructions
1 83/100 Ounce	155661	SAUCE ALFREDO FZ 6-5 JTM	
1 Cup	221460	PASTA SPAG 51 WGRAIN 2-10	

Preparation Instructions