

Cookbook for Otsego Elementary

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[Chicken Alfredo](#)

Chicken Alfredo

Servings:	100.000	Category:	Entree
Serving Size:	6.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23308
School:	Otsego High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	10 Pound		100101
SAUCE ALFREDO FZ 6-5 JTM	14 2/7 Pound		155661
PASTA PENNE RIGATE 2-10 KE	7 1/7 Pound		635501

Preparation Instructions

Place chicken and alfredo sauce in a 6 steamtable pan. Put into a preheated steamer for 30 minutes. Put pasta in a 6 steamtable pan and cover with hot water. Place in a preheated steamer for 5 minutes, stir and continue cooking for 4 more minutes or until al dente. When pasta is done drain if necessary and combine with chicken and sauce. Mix thoroughly and keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 6.00 Fluid Ounce

Amount Per Serving

Calories	187.22		
Fat	3.02g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	36.84mg		
Sodium	108.50mg		
Carbohydrates	24.85g		
Fiber	1.14g		
Sugar	1.65g		
Protein	14.62g		
Vitamin A	37.64IU	Vitamin C	0.00mg
Calcium	38.25mg	Iron	1.14mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes