

Chicken Alfredo

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41737
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	7/8 Package	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
PASTA LINGUINE 10IN	7 0.04 Pound		413380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	222.11
Fat	4.05g
SaturatedFat	1.52g
Trans Fat	0.01g
Cholesterol	49.18mg
Sodium	147.04mg
Carbohydrates	24.91g
Fiber	1.13g
Sugar	2.07g
Protein	22.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 62.25mg	Iron 1.53mg

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

Nutrition - Per 100g

No 100g Conversion Available