

# Chicken Alfredo

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45996

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 3/10 Ounce	UNSPECIFIED Not currently available	570533
SAUCE ALFREDO FZ	2 Ounce	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 PENNE CKD	1 Cup		835900
Whole Grain Garlic Texas Toast	1 Each	BAKE	197582
Cereal, Ready-to-eat; Kellogg's Corn Pops, Retail Pack, 17.2oz/12	1 0		119751

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.010
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	560.21
<b>Fat</b>	19.45g
<b>SaturatedFat</b>	6.15g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	61.84mg
<b>Sodium</b>	687.52mg
<b>Carbohydrates</b>	63.14g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.28g
<b>Protein</b>	31.03g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 227.65mg	<b>Iron</b> 3.66mg

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available