

# Chicken Carbonara with Garlic Toast

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45215
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	6 Pound	<p><b>Basic Preparation</b>            USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL.</p>	413350
SAUCE ALFREDO FZ	3 Package	<p><b>BOIL</b>            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.</p>	155661
CHIX THGH STRP FAJT CKD 1/2IN	10 Pound	<p><b>BAKE</b>            Preparations: Appliances vary, adjust accordingly.  <b>Conventional Oven</b>            25-30 minutes at 350°F from frozen.  <b>CONVECTION</b>            Preparations: Appliances vary, adjust accordingly.  <b>Convection Oven</b>            5-8 minutes in a single layer at 400°F from frozen.  <b>MICROWAVE</b>            Preparations: Appliances vary, adjust accordingly.  <b>Microwave Oven</b>            3 1            2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	505765
BACON TOPPING CRUMBLES	5 Pound	<p><b>BAKE</b>            Fully cooked. Serve warm or cold. Simply open package and portion as needed.</p>	460584
OIL SALAD VEG SOY CLR NT	2 Fluid Ounce		292702
ONION WHITE JUMBO	1 Cup	Diced	299235
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037
SPICE GARLIC POWDER	2 Fluid Ounce		224839
CHEESE PARM GRTD	5 Pound		445401

# Preparation Instructions

## PREPARATION

Prep Time: 45 minutes

## PREPARATION

1. Place unopened bags of J.T.M. Alfredo Sauce in perforated, full-sized pans. Heat in steamer for approximately 30-35 minutes or until an internal temperature of 135°F is reached (HACCP). Cook time may vary according to quantity of product being heated.
2. Once the product has reached internal temperature, place in a hot holding cabinet until ready for assembly (HACCP).
3. Place pasta in boiling hot water in a 6" pan and cook per manufacturer's instructions. Drain when finished cooking.
4. While pasta is cooking, spray tilt skillet with nonstick spray and add vegetable oil and cook chicken over medium heat.
5. Add in chopped onion, raw garlic, and turkey bacon crumbles, cook for 5 minutes, then reduce heat to low.
6. Mix in heated J.T.M. Alfredo Sauce, black pepper, and parsley.
7. Add in cooked pasta and Parmesan cheese.
8. Simmer on low for 15–20 minutes.
9. Transfer into sprayed pans and place in hot holding cabinet until ready to serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.378
<b>Grain</b>	2.000
<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: 100.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	484.51
<b>Fat</b>	25.42g
<b>SaturatedFat</b>	12.07g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	104.22mg
<b>Sodium</b>	1540.89mg
<b>Carbohydrates</b>	26.43g
<b>Fiber</b>	1.13g
<b>Sugar</b>	5.36g
<b>Protein</b>	39.14g
<b>Vitamin A</b> 0.01IU	<b>Vitamin C</b> 0.24mg
<b>Calcium</b> 475.32mg	<b>Iron</b> 1.75mg

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

## Nutrition - Per 100g

<b>Calories</b>	213.63
<b>Fat</b>	11.21g
<b>SaturatedFat</b>	5.32g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	45.95mg
<b>Sodium</b>	679.42mg
<b>Carbohydrates</b>	11.65g
<b>Fiber</b>	0.50g
<b>Sugar</b>	2.36g
<b>Protein</b>	17.26g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.11mg
<b>Calcium</b> 209.58mg	<b>Iron</b> 0.77mg

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