

MJSH CHICKEN ALFREDO WITH FETTUCCHINE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9305
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	4 Ounce		155661
FC Diced Chicken	1 1/2 Ounce		17744
PASTA FETTUCCHINI CKD	1 Cup		835890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.289
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	833.48
Fat	27.89g
SaturatedFat	7.55g
Trans Fat	0.07g
Cholesterol	69.12mg
Sodium	1058.58mg
Carbohydrates	105.29g
Fiber	4.00g
Sugar	12.56g
Protein	39.28g
Vitamin A 20.96IU	Vitamin C 0.55mg
Calcium 460.26mg	Iron 5.95mg

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

Nutrition - Per 100g

Calories	490.00
Fat	16.40g
SaturatedFat	4.44g
Trans Fat	0.04g
Cholesterol	40.64mg
Sodium	622.34mg
Carbohydrates	61.90g
Fiber	2.35g
Sugar	7.38g
Protein	23.09g
Vitamin A 12.32IU	Vitamin C 0.32mg
Calcium 270.59mg	Iron 3.50mg

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