

CHICKEN PARMIGIANA WITH PENNE PASTA

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9437 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|--|------------|
| PASTA PENNE CKD | 1 Cup | | 835900 |
| SAUCE SPAGHETTI POUCH | 1/2 Cup | UNPREPARED Cook Over Medium Heat, Stirring Occasionally Until Hot. | 315729 |
| CHIX BRST BRD FLLT WGRAIN CKD | 1 Each | BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 33-35 MINUTES AT 350F; CONVECTION OVEN FOR 13-15 MINUTES AT 350F. | 666531 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 3.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 1.130 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 560.00 |
| Fat | 16.50g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 55.00mg |
| Sodium | 1155.00mg |
| Carbohydrates | 77.00g |
| Fiber | 8.00g |
| Sugar | 13.00g |
| Protein | 28.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 50.00mg | Iron 4.28mg |

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

Nutrition - Per 100g

No 100g Conversion Available