

Chicken Penne Alfredo

Servings:	34.00	Category:	Entree
Serving Size:	0.67 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31957
School:	Northwood Middle School		

Ingredients

Description	Measurement	DistPart #
ENTREE PENNE W/ALFREDO SCE	10 Pound	491074
Chicken, Diced, Cooked, Frozen	2 Pound	100101

Preparation Instructions

Place 2 bags of JTM Penne Alfredo in 4B pan with 2 lbs of diced chicken. Steam 15 minutes with no lid. Add lid and steam additional 30 minutes.

Note: Use a #6 dipper

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 34.00

Serving Size: 0.67 Cup

Amount Per Serving	
Calories	272.71
Fat	10.75g
SaturatedFat	5.73g
Trans Fat	0.05g
Cholesterol	48.78mg
Sodium	580.08mg
Carbohydrates	24.31g
Fiber	0.08g
Sugar	6.27g
Protein	18.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 313.73mg	Iron 0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available
