

# Chicken Alfredo

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-41737
<b>School:</b>	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	1 Package	<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.	155661
PASTA LINGUINE 10IN	7 1/4 Pound		413380

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<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: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	222.11
<b>Fat</b>	4.05g
<b>SaturatedFat</b>	1.52g
<b>Trans Fat*</b>	0.01g
<b>Cholesterol</b>	49.18mg
<b>Sodium</b>	147.04mg
<b>Carbohydrates</b>	24.91g
<b>Fiber</b>	1.13g
<b>Sugar</b>	2.07g
<b>Protein</b>	22.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.25mg	<b>Iron</b> 1.53mg

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

## Nutrition - Per 100g

No 100g Conversion Available