

MJSH CHICKEN ALFREDO WITH FETTUCCHINE



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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