

# Tami's Chicken and Broccoli Scampi



Servings:	56.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-51044
School:	Tami Elementary School K-4		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Garlic Butter Sauce	1 Serving	Roast the garlic with a small amount of olive oil in a convection oven at 350°F for 8-10 minutes. Melt the butter on medium low heat and skim the milk solids at the top to clarify the butter. Add the garlic and lemon juice and whisk to combine.	R-51043
PASTA PENNE WGRAIN	1 Ounce	BOIL Cooking Time: 9 Minutes Pre-cooking time: 5 Minutes	541211
CHIX BRST STRP FC LRG	1 Ounce		219011
BROCCOLI FLORET REG CUT	1 Cup		732478
SPICE PEPR BLK 30 MESH REG GRIND	1 Teaspoon		225045
CHEESE PARM SHVD	1 Ounce		140560
LEMON FCY	1 CT AVG		771309

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<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: 56.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	33.69		
<b>Fat</b>	3.32g		
<b>SaturatedFat</b>	2.09g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	9.46mg		
<b>Sodium</b>	8.78mg		
<b>Carbohydrates</b>	0.56g		
<b>Fiber</b>	0.14g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.43g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	6.72mg	<b>Iron</b>	0.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available