

Chicken Penne Alfredo

Servings:	48.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52548
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE	10 Pound		491074
Chicken, Diced, Cooked, Frozen	2 Pound	USDA Brown Box Commodity	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 #8 dipper

Meal Components (SLE)

Amount Per Serving	
Meat	1.750
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		193.17	
Fat		7.61g	
SaturatedFat		4.06g	
Trans Fat*		0.03g	
Cholesterol		34.56mg	
Sodium		410.89mg	
Carbohydrates		17.22g	
Fiber		0.06g	
Sugar		4.44g	
Protein		13.28g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	222.22mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available
