

Chicken Alfredo



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1IN 60WHT 40DK	12 Pound		290599
SAUCE ALFREDO FZ	7/8 Package	BOIL 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 0.04 Pound		413380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		222.11	
Fat		4.05g	
Saturated Fat		1.52g	
Trans Fat		0.01g	
Cholesterol		49.18mg	
Sodium		147.04mg	
Carbohydrates		24.91g	
Fiber		1.13g	
Sugar		2.07g	
Added Sugar		0.00g	
Protein		22.12g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	62.25mg	Iron	1.53mg

Nutrition - Per 100g

No 100g Conversion Available