

# Chicken Alfredo



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26189
School:	KATHY'S TEST SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	100 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE ALFREDO FZ	183 Ounce		155661
PASTA PENNE RIGATE 100 WHLWHE	50 Cup		654571

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		302.00	
<b>Fat</b>		8.85g	
<b>Saturated Fat</b>		3.70g	
<b>Trans Fat</b>		0.03g	
<b>Cholesterol</b>		78.00mg	
<b>Sodium</b>		700.20mg	
<b>Carbohydrates</b>		25.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		4.00g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		27.70g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	212.00mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

No 100g Conversion Available