

# Chicken Alfredo

NO IMAGE

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28449
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	*Use commodity diced chicken whenever possible!* Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA PENNE RIGATE	8 3/4 Pound		635501

## Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Hold pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 2 oz cooked pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.076
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 6.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	314.44		
<b>Fat</b>	5.76g		
<b>Saturated Fat</b>	1.69g		
<b>Trans Fat</b>	0.01g		
<b>Cholesterol</b>	44.98mg		
<b>Sodium</b>	156.37mg		
<b>Carbohydrates</b>	43.38g		
<b>Fiber</b>	2.00g		
<b>Total Sugar</b>	2.51g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	21.68g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.46mg	<b>Iron</b>	2.25mg

## Nutrition - Per 100g

<b>Calories</b>	184.86		
<b>Fat</b>	3.39g		
<b>Saturated Fat</b>	0.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	26.44mg		
<b>Sodium</b>	91.93mg		
<b>Carbohydrates</b>	25.50g		
<b>Fiber</b>	1.17g		
<b>Total Sugar</b>	1.48g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	12.74g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	19.08mg	<b>Iron</b>	1.33mg