

Alfredo Pasta Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41757
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE PENNE W/ALFREDO SCE	4 Ounce	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.	491074
CHEESE PARM GRTD	1/4 Ounce	Ready to eat.	164259
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Place cooked pasta into foil pans top with parmesan and mozzarella cheese.

Bake at 350 degrees for 5-10 minutes.

Pan- 195361 or 361180

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	228.00
Fat	10.02g
Saturated Fat	5.87g
Trans Fat	0.04g
Cholesterol	28.42mg
Sodium	527.54mg
Carbohydrates	20.92g
Fiber	0.07g
Total Sugar	5.58g
Added Sugar	0.00g
Protein	13.13g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 324.79mg	Iron 0.84mg

Nutrition - Per 100g

No 100g Conversion Available