

Chicken Carbonara with Garlic Toast



Servings:	100.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45215
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA MOSTACC RIG W/LINES	6 Pound	<p>Basic Preparation USE 1 GALLON OF BOILING WATER PER POUND OF PASTA. WHEN WATER HAS REACHED A BOIL, ADD 1 TABLESPOON OF SALT PER GALLON TO BRING OUT PASTA'S NATURAL FLAVORS. STIR PASTA OCCASIONALLY TO PREVENT STICKING AND KEEP WATER AT A ROLLING BOIL.</p>	413350
SAUCE ALFREDO FZ	3 Package	<p>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.</p>	155661
CHIX THGH STRP FAJT CKD 1/2IN	10 Pound	<p>BAKE Preparations: Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. CONVECTION Preparations: Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. MICROWAVE Preparations: Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.</p>	505765
BACON TOPPING CRUMBLES	5 Pound	<p>BAKE Fully cooked. Serve warm or cold. Simply open package and portion as needed.</p>	460584
OIL SALAD VEG SOY CLR NT	4 Tablespoon		292702

Description	Measurement	Prep Instructions	DistPart #
ONION WHITE JUMBO	1 Cup	Diced	299235
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037
SPICE GARLIC POWDER	4 Tablespoon		224839
CHEESE PARM GRTD	5 Pound		445401

Preparation Instructions

PREPARATION

Prep Time: 45 minutes

PREPARATION

1. Place unopened bags of J.T.M. Alfredo Sauce in perforated, full-sized pans. Heat in steamer for approximately 30-35 minutes or until an internal temperature of 135°F is reached (HACCP). Cook time may vary according to quantity of product being heated.
2. Once the product has reached internal temperature, place in a hot holding cabinet until ready for assembly (HACCP).
3. Place pasta in boiling hot water in a 6" pan and cook per manufacturer's instructions. Drain when finished cooking.
4. While pasta is cooking, spray tilt skillet with nonstick spray and add vegetable oil and cook chicken over medium heat.
5. Add in chopped onion, raw garlic, and turkey bacon crumbles, cook for 5 minutes, then reduce heat to low.
6. Mix in heated J.T.M. Alfredo Sauce, black pepper, and parsley.
7. Add in cooked pasta and Parmesan cheese.
8. Simmer on low for 15–20 minutes.
9. Transfer into sprayed pans and place in hot holding cabinet until ready to serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.378
Grain	2.000
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: 100.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	484.51
Fat	25.42g
Saturated Fat	12.07g
Trans Fat	0.04g
Cholesterol	104.22mg
Sodium	1540.89mg
Carbohydrates	26.43g
Fiber	1.13g
Total Sugar	5.36g
Added Sugar	0.00g
Protein	39.14g
Vitamin A 0.01mcg	Vitamin C 0.24mg
Calcium 475.32mg	Iron 1.75mg

Nutrition - Per 100g

Calories	213.63
Fat	11.21g
Saturated Fat	5.32g
Trans Fat	0.02g
Cholesterol	45.95mg
Sodium	679.42mg
Carbohydrates	11.65g
Fiber	0.50g
Total Sugar	2.36g
Added Sugar	0.00g
Protein	17.26g
Vitamin A 0.00mcg	Vitamin C 0.11mg
Calcium 209.58mg	Iron 0.77mg