

# Chicken Alfredo

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46219

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS QUESO BLANCO FZ	5 Pound	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned.	722110
Water	4 Gallon	<b>READY_TO_DRINK</b>	Water
PASTA ROTINI	12 1/2 Pound		413360
CHICKEN, DICED, COOKED, FROZEN	4 Pound	<b>STEAM</b>	
SEASONING CREOLE 17Z	1 Tablespoon		171536
SEASONING GARLIC HRB NO SALT	1 Tablespoon		565164

## Preparation Instructions

Place JTM Queso in perforated pan and steam 30-45minutes until internal temperatur reaches 135F  
Place Chicken in steamer 30-45 minutes until reaches internal temp of 135F- Drain but leave some liquid.  
Boil water in tilt kettle and add rotini- and cook till al dente 8-9minutes  
Combine Drained pasta, queso and chicken with seasoning until well blended-  
As it sits it will thicken  
Hot hold 135F or above in steam pans for service

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.080
<b>Grain</b>	0.597
<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: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	183.36**
<b>Fat</b>	9.16g**
<b>Saturated Fat</b>	4.48g**
<b>Trans Fat</b>	0.01g**
<b>Cholesterol</b>	50.08mg**
<b>Sodium</b>	385.04mg**
<b>Carbohydrates</b>	9.44g**
<b>Fiber</b>	0.48g**
<b>Total Sugar</b>	0.40g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	14.44g**
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 168.00mg**	<b>Iron</b> 0.36mg**

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	80.85**
<b>Fat</b>	4.04g**
<b>Saturated Fat</b>	1.98g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	22.08mg**
<b>Sodium</b>	169.77mg**
<b>Carbohydrates</b>	4.16g**
<b>Fiber</b>	0.21g**
<b>Total Sugar</b>	0.18g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	6.37g**
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 74.08mg**	<b>Iron</b> 0.16mg**

\*\*One or more nutritional components are missing from at least one item on this recipe.