

# Alfredo Pasta

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52178
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	1/2 Cup		654560
SAUCE ALFREDO FZ	3 Ounce	<b>BOIL</b> 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.	155661

## Preparation Instructions

Put sauce and water into pot or steamer and simmer for 1 hour 135F or above

Heat water for pasta to a rolling boil. Slowly add pasta and cook for 10-12 minutes until pasta is tender. Stir occasionally. Do not overcook. Drain and divide equally in pan- spray pan with pan release spray. •

Hold hot foods at 135 °F or above

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.639
<b>Grain</b>	1.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	250.82
<b>Fat</b>	9.68g
<b>Saturated Fat</b>	5.25g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	29.51mg
<b>Sodium</b>	623.28mg
<b>Carbohydrates</b>	27.56g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	5.92g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.84g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 311.48mg	<b>Iron</b> 0.90mg

## Nutrition - Per 100g

No 100g Conversion Available