

Alfredo Bake with Cajun Shake Up



Servings:	200.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-55264
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	20 Pound	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.	155661
PASTA PENNE RIGATE 51 WGRAIN	14 Pound	Basic Preparation FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PERFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE OR "AL DENTE". DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. IF USING IN COLD SALAD RINSE IN COLD WATER. RECOMMENDED COOK TIME OF 8-10 MINUTES	221482
diced chicken	15 Pound	Thaw in frige 36-41 degrees. Use within 2 days	110530
SEASONING CAJUN	3/4 Cup	students can shake on or not	410860

Preparation Instructions

- Cook pasta Al dente
- Saute bell peppers
- Divide chicken, and pasta into 4 medium hotel pans sprayed with non-stick spray
- Add 5lbs of alfredo sauce to each pan

Bake 350 F Convection oven on low fan for 20 minutes or until pasta dish reaches 140F

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
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: 200.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	159.40		
Fat	3.63g		
Saturated Fat	0.38g		
Trans Fat	0.00g		
Cholesterol	26.15mg		
Sodium	124.67mg		
Carbohydrates	47.44g		
Fiber	2.24g		
Total Sugar	2.04g		
Added Sugar	0.00g**		
Protein	11.80g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	28.32mg	Iron	1.12mg

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

Nutrition - Per 100g

Calories	93.71		
Fat	2.13g		
Saturated Fat	0.22g		
Trans Fat	0.00g		
Cholesterol	15.37mg		
Sodium	73.29mg		
Carbohydrates	27.89g		
Fiber	1.32g		
Total Sugar	1.20g		
Added Sugar	0.00g**		
Protein	6.94g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	16.65mg	Iron	0.66mg

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