

Chicken Alfredo

NO IMAGE

Servings:	70.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28449
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	10 Pound	Heat sauce to an internal temperature of 145°. Pour sauce into a pan, add diced chicken to sauce.	155661
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	*Use commodity diced chicken whenever possible!* Heat in combi for an additional 10 minutes or until temperature reaches 165° .	570533
PASTA PENNE RIGATE	8 3/4 Pound		635501

Preparation Instructions

CCP: Heat sauce with chicken to 165° for 15 seconds.

CCP: Hold for hot service at 135° or higher.

Hold pasta in a small amount of water. To prevent sticking you may add a small amount of oil.

To serve: Put 2 oz cooked pasta into a serving dish. Put 5 ounce chicken + sauce mix on top of the pasta.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.076
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: 70.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	314.44		
Fat	5.76g		
Saturated Fat	1.69g		
Trans Fat	0.01g		
Cholesterol	44.98mg		
Sodium	156.37mg		
Carbohydrates	43.38g		
Fiber	2.00g		
Total Sugar	2.51g		
Added Sugar	0.00g		
Protein	21.68g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	32.46mg	Iron	2.25mg

Nutrition - Per 100g

Calories	241.21		
Fat	4.42g		
Saturated Fat	1.30g		
Trans Fat	0.00g		
Cholesterol	34.50mg		
Sodium	119.96mg		
Carbohydrates	33.27g		
Fiber	1.53g		
Total Sugar	1.92g		
Added Sugar	0.00g		
Protein	16.63g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.90mg	Iron	1.73mg