

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 |