

Chicken Fettuccine Alfredo



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	1 Ounce		221460
SAUCE ALFREDO FZ	1/4 Cup		155661
Chicken, diced, cooked, frozen	1 Ounce		100101

Preparation Instructions

Prepare Diced Chicken as directed.

Prepare Spaghetti Noodles as directed.

Prepare Alfredo Sauce as directed.

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In a steam table pan, combine the diced chicken and Alfredo.

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To serve:

Place 1/2 cup of Spaghetti Noodles on the tray and top with 1/2 cup of the Alfredo Sauce with Diced Chicken.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	143.57
Fat	2.27g
Saturated Fat	0.44g
Trans Fat	0.00g
Cholesterol	23.46mg
Sodium	79.94mg
Carbohydrates	21.05g
Fiber	2.00g
Total Sugar	1.91g
Added Sugar	0.00g
Protein	10.28g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.96mg	Iron 1.00mg

Nutrition - Per 100g

Calories	225.06
Fat	3.55g
Saturated Fat	0.69g
Trans Fat	0.01g
Cholesterol	36.78mg
Sodium	125.32mg
Carbohydrates	32.99g
Fiber	3.14g
Total Sugar	2.99g
Added Sugar	0.00g
Protein	16.11g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 48.53mg	Iron 1.57mg