

Chicken & Noodles with Mashed Potatoes

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28647

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken & Noodles	1 Cup	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots. Boil, uncovered for 6 minutes. DO NOT DRAIN! 2. Melt butter. Add flour and stir until smooth. 3. Add flour mixture, milk, pepper, and diced chicken to noodles. Stir gently to combine. 4. Cook over medium heat, stirring occasionally until thickened, 6-8 minutes. 5. Pour into serving pans. Hold for 30 minutes on a 180-190 degree F steamtable to allow sufficient time for mixture to set up properly. 6. Portion with 8 ounce spoodle (1 cup). _ CCP: Heat to 165 degrees F or higher for at least 15 seconds. CCP: Hold for hot service at 135 degrees F or higher.	R-11927
Mashed Potatoes	1/2 Cup	Boil water, boil more than you actually need. Add 8oz of melted butter to your container of mashed potatoes. Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes. Using whip attachment, set mixer on low speed. Slowly add your potato mixture into your mixing bowl over the boiled water. Add remaining boiling water. Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes). Transfer potatoes to 4" steamtable pans. Updated: 7/14/25 AP	R-8956

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	1.250

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	414.66
Fat	9.27g
Saturated Fat	3.97g
Trans Fat	0.00g
Cholesterol	112.80mg
Sodium	191.40mg
Carbohydrates	55.10g
Fiber	3.17g
Total Sugar	1.88g
Added Sugar	0.00g
Protein	22.22g
Vitamin A 856.40mcg RAE	Vitamin C 0.43mg
Calcium 51.76mg	Iron 1.68mg

Nutrition - Per 100g

Calories	367.51
Fat	8.22g
Saturated Fat	3.52g
Trans Fat	0.00g
Cholesterol	99.97mg
Sodium	169.63mg
Carbohydrates	48.83g
Fiber	2.81g
Total Sugar	1.67g
Added Sugar	0.00g
Protein	19.70g
Vitamin A 759.02mcg RAE	Vitamin C 0.39mg
Calcium 45.88mg	Iron 1.49mg