

Chicken & Noodles with Pierogies



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-28648

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken & Noodles	1 Serving	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
PIEROGI POT AMER CHS	4 Each		176902

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	1.250
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 Each

Amount Per Serving	
Calories	327.66
Fat	9.09g
Saturated Fat	3.73g
Trans Fat	0.00g
Cholesterol	136.53mg
Sodium	307.23mg
Carbohydrates	36.10g
Fiber	2.67g
Total Sugar	1.88g
Added Sugar	0.00g
Protein	23.22g
Vitamin A 856.40mcg RAE	Vitamin C 1.23mg
Calcium 92.47mg	Iron 2.13mg

Nutrition - Per 100g

Calories	372.85
Fat	10.34g
Saturated Fat	4.24g
Trans Fat	0.00g
Cholesterol	155.36mg
Sodium	349.60mg
Carbohydrates	41.08g
Fiber	3.04g
Total Sugar	2.14g
Added Sugar	0.00g
Protein	26.42g
Vitamin A 974.52mcg RAE	Vitamin C 1.40mg
Calcium 105.22mg	Iron 2.43mg