

# Chicken & Noodles w/ Roll

NO IMAGE

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11927

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX LO SOD	32 Teaspoon		130869
PASTA NOODL KLUSKI AMISH	2 1/2 Pound		456632
ONION DEHY CHPD	1/2 Cup		263036
CARROT MATCHSTICK	2 Cup	(2 cups)	198161
BUTTER PRINT UNSLTD GRD AA	1/2 Cup	(4 oz weight)	299405
FLOUR A/P PASTRY	3/4 Cup	(4 oz weight)	260231
MILK PWD INST FF	3/4 Cup	Mix 3/4 cup of non-fat milk to 3 1/2 cups of water	113336
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
Chicken, diced, cooked, frozen	102 Ounce	(1 1/4 gal or 6 lb 6 oz weight)	100101
Dinner Roll	1 Each		266548

## Preparation Instructions

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.

## Meal Components

Amount Per Serving

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<b>Meat/Meat Alternate</b>	2.040
<b>Grain</b>	0.820
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.055
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	207.66
<b>Fat</b>	5.75g
<b>Saturated Fat</b>	1.73g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	103.20mg
<b>Sodium</b>	153.90mg
<b>Carbohydrates</b>	20.10g
<b>Fiber</b>	0.67g
<b>Total Sugar</b>	1.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.22g
<b>Vitamin A</b> 856.40mcg RAE	<b>Vitamin C</b> 0.43mg
<b>Calcium</b> 25.80mg	<b>Iron</b> 0.93mg

## Nutrition - Per 100g

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<b>Calories</b>	236.30
<b>Fat</b>	6.55g
<b>Saturated Fat</b>	1.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	117.43mg
<b>Sodium</b>	175.12mg
<b>Carbohydrates</b>	22.87g
<b>Fiber</b>	0.76g
<b>Total Sugar</b>	2.14g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.60g
<b>Vitamin A</b> 974.52mcg RAE	<b>Vitamin C</b> 0.49mg
<b>Calcium</b> 29.36mg	<b>Iron</b> 1.06mg