

Chicken-N-Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58515

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	6 Pound + 6 Ounce	USDA Brown Box Commodity--Thaw	100101
BASE CHIX LO SOD NO MSG	3/4 Cup	N/A	580589
Tap Water	1 Gallon	For Chicken Base	
PASTA NOODL KLUSKI AMISH	2 1/2 Pound	***Non-Whole Grain***	456632
SPICE ONION MINCED	1/2 Cup		513997
MARGARINE SLD	1 Cup	N/A	733061
FLOUR H&R GOLD MEDAL 14317	0.75 Cup + 2 Tablespoon	***Non-Whole Grain***	426253
1% Low Fat White Milk*	6 Carton		13871
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
SPICE MARJORAM LEAF	1 1/2 Teaspoon		513709
SPICE PARSLEY FLAKES	1/2 Cup		513989

Preparation Instructions

1. Dissolve chicken base into water and heat to boiling. Slowly stir in noodles and onions. Boil, uncovered, for 6 minutes. DO NOT DRAIN.
2. Melt margarine. Add flour and stir until smooth.
3. Add flour mixture, milk, pepper, marjoram, parsley flakes, and 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°F steamtable to allow sufficient time for mixture to set up properly.
6. Portion with 8-fluid ounce ladle or 1 cup.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.750
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: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	231.54
Fat	7.50g
Saturated Fat	2.22g
Trans Fat	0.00g
Cholesterol	96.64mg
Sodium	237.54mg
Carbohydrates	22.30g
Fiber	0.47g
Total Sugar	1.32g
Added Sugar	0.00g
Protein	17.01g
Vitamin A 256.80mcg RAE	Vitamin C 0.00mg
Calcium 34.80mg	Iron 0.98mg

Nutrition - Per 100g

Calories	287.59
Fat	9.31g
Saturated Fat	2.76g
Trans Fat	0.00g
Cholesterol	120.03mg
Sodium	295.04mg
Carbohydrates	27.70g
Fiber	0.58g
Total Sugar	1.64g
Added Sugar	0.00g
Protein	21.13g
Vitamin A 318.97mcg RAE	Vitamin C 0.00mg
Calcium 43.22mg	Iron 1.22mg