

# Chicken Alfredo

<b>Servings:</b>	28.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31143
<b>School:</b>	Union Township Middle School/Wheeler High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	9 Cup		000001WTR
SAUCE ALFREDO FZ	5 Pound		155661
Chicken, Fajita Strips, Cooked, Frozen	3 1/2 Pound	USDA Brown Box Commodity---Thaw	100117
PASTA PENNE RIGATE 51 WGRAIN	3 Pound		221482
CHEESE MOZZ SHRD	10 Ounce	Use Brown Box first when available	645170

## Preparation Instructions

Preheat convection oven to 300°F.

Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.

To assemble dish:

Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.

Add hot water to pan and blend using wire whisk.

Add dry pasta to mixture and blend using a rubber spatula.

Cover pan with foil and transfer to preheated oven.

Remove from oven after 30 minutes and blend in chicken fajita and mozzarella cheese.

Cover and place back into oven for an additional 10 to 15 minutes.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 28.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	410.40
<b>Fat</b>	14.10g
<b>Saturated Fat</b>	7.42g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	76.99mg
<b>Sodium</b>	1014.36mg
<b>Carbohydrates</b>	42.92g
<b>Fiber</b>	3.43g
<b>Total Sugar</b>	8.79g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	27.99g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 378.43mg	<b>Iron</b> 1.71mg

## Nutrition - Per 100g

<b>Calories</b>	208.94
<b>Fat</b>	7.18g
<b>Saturated Fat</b>	3.78g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	39.20mg
<b>Sodium</b>	516.42mg
<b>Carbohydrates</b>	21.85g
<b>Fiber</b>	1.75g
<b>Total Sugar</b>	4.47g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	14.25g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 192.66mg	<b>Iron</b> 0.87mg