

Chicken Alfredo

Servings:	28.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-31143
School:	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

Meat/Meat Alternate	3.000
Grain	1.500
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: 28.00

Serving Size: 1.00 Cup

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

Nutrition - Per 100g

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