

Chicken Alfredo with Garlic Toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Alfredo	8 Serving	Place JTM Queso in perforated pan and steam 30-45minutes until internal temperatur reaches 135F Place Chicken in steamer 30-45 minutes until reaches internal temp of 135F- Drain but leave some liquid. Boil water in tilt kettle and add rotini- and cook till al dente 8-9minutes Combine Drained pasta, queso and chicken with seasoning until well blended- As it sits it will thicken Hot hold 135F or above in steam pans for service	R-46219
garlic toast	1 Serving	Spray sheet pan with butter spray Place Texas toast on a sheet pan spread liquid garlic butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service	R-44446

Preparation Instructions

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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 Serving

Amount Per Serving	
Calories	373.36
Fat	24.16g
Saturated Fat	6.98g
Trans Fat	0.01g
Cholesterol	50.08mg
Sodium	550.04mg
Carbohydrates	22.44g
Fiber	1.48g
Total Sugar	1.40g
Added Sugar	1.00g
Protein	17.44g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 202.00mg	Iron 1.36mg

Nutrition - Per 100g

Calories	50.19
Fat	3.25g
Saturated Fat	0.94g
Trans Fat	0.00g
Cholesterol	6.73mg
Sodium	73.95mg
Carbohydrates	3.02g
Fiber	0.20g
Total Sugar	0.19g
Added Sugar	0.13g
Protein	2.34g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 27.16mg	Iron 0.18mg