

# Alfredo Sauce

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.66 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58661
<b>School:</b>	Walton-Verona MiddleHigh		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	3 3/4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<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: 1.00

Serving Size: 3.66 Ounce

Amount Per Serving	
<b>Calories</b>	184.00
<b>Fat</b>	11.20g
<b>Saturated Fat</b>	6.40g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	760.40mg
<b>Carbohydrates</b>	8.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	11.40g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 380.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	177.33
<b>Fat</b>	10.79g
<b>Saturated Fat</b>	6.17g
<b>Trans Fat</b>	0.06g
<b>Cholesterol</b>	34.70mg
<b>Sodium</b>	732.85mg
<b>Carbohydrates</b>	7.71g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	5.78g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.99g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 366.23mg	<b>Iron</b> 0.00mg