

Carteret County Schools

Recipe: 000459 Chicken Alfredo

Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Chicken Alfredo

Number of Portions: 50
Size of Portion: 1 CUP

990412 Chicken Fajita Strips, Dark Meat, USDA..... 904319 Sauce Mix, Alfredo..... 799927 SOUP, CHICKEN BROTH, LO SODIUM, CND... 904154 Margarine Solid 0Trans Fat Goldensweet..... 002007 CELERY SEED..... 002029 PARSLEY, DRIED..... 990155 Onion, Dehydrated, CF Sauer..... 904245 Pepper, Black..... 904262 ONION POWDER..... 904244 GARLIC POWDER..... 900117 Cheese mozzarella:commodity CCS.....	6 LB + 1/2 LB 2 LB + 1/2 LB 2 QT + 1 CUP 12 OZ 2 TBSP 2 TBSP 1 CUP + 1/2 CUP 2 TSP 2 TSP 2 TSP 8 OZ	<p>CCP: Handle all product with gloved hands.</p> <p>1. In a steamer, tilt skillet, or steam jacketed kettle, heat the chicken fajita until it CCP: reaches 165°.</p> <p>2. Prepare Alfredo sauce by directions on bag. Set aside.</p> <p>3. Mix chicken soup base according to instructions on package to equal 2 quarts and one cup of broth. Set aside.</p> <p>4. To the chicken, add together the Alfredo sauce, chicken broth, margarine, and all spices. Mix well and bring back up to CCP: 165° for 15 seconds.</p>
904246 WATER, MUNICIPAL..... 904250 SALT, TABLE..... 020120 Spaghett Dry Enriched.....	3 GAL 2 TSP 2 LB + 9 OZ	<p>5. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and rinse. Add to the sauce immediately.</p> <p>6. Spray 2" pans with butter spray and ladle the chicken Alfredo into the pans. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Top each pan with 4 oz mozzarella cheese.</p> <p>1 cup = 1 serving = 1 oz grain and 2 oz meat</p>

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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		<p>CCP: Heat to 165° for at least 15 seconds.</p> <p>CCP: Hold for hot service at 140°</p> <p>Leftovers: CCP: Cool down to 70° or below within 2 hours, using an ice bath. Use within 3 days.</p> <p>CCP: Reheat to 165° for 15 seconds</p>
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*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	330 kcal	Cholesterol	39.45 mg	Sugars	*2.52* g	Calcium	75.07 mg	43.24%	Calories from Total Fat
Total Fat	15.87 g	Sodium	937.82 mg	Protein	13.70 g	Iron	1.80 mg	15.70%	Calories from Saturated Fat
Saturated Fat	5.76 g	Carbohydrates	29.81 g	Vitamin A	532.57 IU	Water ¹	271.11 g	*5.15%*	Calories from Trans Fat
Trans Fat ²	*1.89* g	Dietary Fiber	1.22 g	Vitamin C	3.45 mg	Ash ¹	1.15 g	36.10%	Calories from Carbohydrates
								16.60%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz		Y - Milk	N - Peanut	? - Soy
Grain..... 1.000 oz		Y - Egg	N - Tree Nut	
Fruit..... cup		Y - Wheat	N - Fish	
Vegetable..... cup			N - Shellfish	
Milk..... cup				
Moisture & Fat Change				
Moisture Change. 0%				
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	904246	WATER,MUNICIPAL			
I	904250	SALT,TABLE			
I	020120	Spaggett Dry Enriched			
I	990412	Chicken Fajita Strips, Dark Meat, USDA			

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I	904319	Sauce Mix, Alfredo			
I	799927	SOUP,CHICKEN BROTH,LO SODIUM,CND			
I	904154	Margarine Solid 0Trans Fat Goldensweet			
I	002007	CELERY SEED			
I	002029	PARSLEY,DRIED			
I	990155	Onion, Dehydrated, CF Sauer			
I	904245	Pepper, Black			
I	904262	ONION POWDER			
I	904244	GARLIC POWDER			
I	900117	Cheese mozzarella:commodity CCS			

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