

Recipe Prep Sheet

DUNLAP CUSD #323

900272 - CHICKEN ALFREDO W/JTM SAUCE

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 100

Portion Size: 1 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
075008	WATER,BOILING	1 5/8 gal	<p>FOR BEST RESULTS: THAW CHICKEN UNDER REFRIGERATION OVER NITE.</p> <p><u>PREPARATION INSTRUCTIONS</u></p> <p>Preheat convection oven to 300°F.</p> <p>Lightly spray bottom and sides of SS 4 inch deep hotel pan with oil or non-stick cooking spray.</p> <p>To assemble dish:</p> <p>Cut open bag of thawed JTM Alfredo Sauce and place in the center of pan.</p> <p>Add hot water to pan and blend using wire whisk.</p> <p>Add dry pasta to mixture and blend using a rubber spatula.</p> <p>Cover pan with foil and transfer to preheated oven.</p> <p>Remove from oven after 30 minutes and blend in chicken fajita and mozzarella cheese.</p> <p>Cover and place back into oven for an additional 10 to 15 minutes.</p> <p>SERVING SIZE; 1 CUP</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>CCP: Hold at 135° F or higher.</p>
990934	ALFREDO SAUCE, JTM 6/5# BAGS FROZEN	14 LB	
051521	Chicken, Fajita Seasoned Strips, Cooked, Froz	9 3/4 LB	
051560	Cheese, Mozzarella, Low Moisture Part Skim, S	1 3/4 LB	
991151	PASTA, ROTINI 51%WG GFS 229951	8 1/2 LB	

**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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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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*Nutrients are based upon 1 Portion Size (1 CUP)

Calories ¹	321.034 kcal	Total Fat	10.622 g	Total Dietary Fiber	2.720 g	Vitamin C	*0.000* mg	29.778% Calories from Total Fat
Saturated Fat ¹	6.008 g	Trans Fat ²	*0.000* g	Protein	22.094 g	Iron	*1.462* mg	16.843% Calories from Sat Fat
Sodium ¹	781.881 mg	Cholesterol	65.647 mg	Vitamin A	*305.891* IU	Water	*59.844* g	*0.000%* Calories from Trans Fat
Sugars	*6.234* g	Carbohydrate	35.201 g	Calcium	*252.710* mg	Ash	*N/A* g	43.859% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			27.529% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2.25 oz eq	Grain	1.25 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens								
Milk	Wheat							

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