



825002 - Chicken Spinach Alfredo Bake

Source: K12 Culinary

Number of Portions: 24

Size of Portion: 2/3 cup

Components:

Meat/Alt: 2 oz

Grains: 1 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Meat/Meat Alter
Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY..... 011464 SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W.... 826493 Sauce, Alfredo, Angela Mia 8781511122.....	2 lbs + 4 ozs 12 OZS (chopped, frozen) 1 qt + 1 cup	Thaw diced chicken, spinach, and Alfredo sauce in the refrigerator.
014429 WATER,MUNICIPAL.....	1 qt + 1 cup	Spray 2 inch deep full size (12" X 20") steamtable pan with pan release. Prepare sauce: In large mixing bowl, whisk together Alfredo sauce and water.
001016 CHEESE,COTTAGE,LOWFAT,1% MILKFAT..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 050459 ROTINI, WHOLE GRAIN, DRY.....	12 ozs 1/2 tsp 1/4 tsp 1 lb + 8 ozs	Add diced chicken, thawed spinach, cottage cheese, garlic, and black pepper. Stir to combine. Add uncooked rotini noodles to chicken mixture and stir to combine. Pour mixture into prepared pan.
051558 Cheese, Mozzarella, Lite, Shredded.....	12 ozs	Top with 12 oz. of shredded mozzarella cheese. Cover pan with aluminum foil - be sure to spray the underside of the foil with pan release to prevent sticking to cheese.Top with 12 oz. of shredded mozzarella cheese. Cover pan with aluminum foil - be sure to spray the underside of the foil with pan release to prevent sticking to cheese.
002029 PARSLEY,DRIED.....	2 tsp	Bake covered at 350 degrees F for 50 to 60 minutes. Cover and hold for service. Just prior to serving, sprinkle 2 tsp. of dried parsley over each pan. This recipe is best when prepared for just in time service to minimize leftovers as quality and appearance deteriorate when reheated. CCP: Heat to 135° F or higher.

*Nutrients are based upon 1 Portion Size (2/3 cup)

Calories	278 kcal	Cholesterol	55 mg	Sugars	*1.3* g	Calcium	*76.61* mg	32.77%	Calories from Total Fat
Total Fat	10.13 g	Sodium	400 mg	Protein	25.22 g	Iron	*1.77* mg	14.90%	Calories from Saturated Fat
Saturated Fat	4.60 g	Carbohydrates	24.42 g	Vitamin A	*1176.0* IU	Water ¹	*68.38* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.10 g	Vitamin C	*0.2* mg	Ash ¹	*0.37* g	35.13%	Calories from Carbohydrates
								36.27%	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 values² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							