



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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 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 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 qt + 1 cup	Spray 2 inch full size pan(s) with food release. Prepare sauce: In large mixing bowl, whisk together Alfredo sauce and water.
001016 CHEESE,COTTAGE,LOWFAT,1% MILKFAT..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 050459 ROTINI, WHOLE GRAIN, DRY.....	12 ozs 1/2 tsp 1/4 tsp 1 lb + 8 ozs	To each pan, add 2 lb 4 oz diced chicken, 12 oz thawed spinach, 12 oz cottage cheese, 1/2 tsp garlic, and 1/4 tsp black pepper. Stir in 2 qt and 1 pt Alfredo sauce/water mixture. Add uncooked rotini noodles to chicken mixture and stir to combine. Pour mixture into prepared pan.
051558 Cheese, Mozzarella, Lite, Shredded.....	12 ozs	Top each pan with 12 oz of shredded mozzarella cheese. Cover pan with aluminum foil - be sure to spray the underside of the foil with food release to prevent sticking to cheese.
002029 PARSLEY,DRIED.....	2 tsp	Bake covered at 350° F for approximately 50 minutes. Remove foil and bake uncovered for an additional 5 minutes to allow some of the moisture to evaporate. Cover and hold for service. Just prior to serving, sprinkle 2 tsp of dried parsley over each pan. CCP: Heat to 165° F or higher. CCP: Hold for hot service at 135° F or higher.

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

Calories	268 kcal	Cholesterol	48 mg	Sugars	*1.3* g	Calcium	*76.60* mg	33.23%	Calories from Total Fat
Total Fat	9.90 g	Sodium	423 mg	Protein	21.43 g	Iron	*1.50* mg	13.78%	Calories from Saturated Fat
Saturated Fat	4.11 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	*1.2* mg	Ash ¹	*0.37* g	36.41%	Calories from Carbohydrates
								31.95%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									