

# COMMODITY PASTA HELPERS

## Tetrazzini

*A NO DRAIN RECIPE!*

*Every Sauce Pack is designed to partner with 2 lbs dry Commodity Whole Grain Spaghetti.*



### Basic Recipe - 21 servings

- 1 bag Commodity Helpers Tetrazzini
- 2 lbs DRY Whole Grain Commodity Spaghetti
- 3 qts Boiling Water
- 6.5 tbsp Margarine or Butter
- 2.75 lbs Cooked and Diced Chicken

1. Prepare 2 lbs Commodity Whole Grain Spaghetti in 3 quarts Boiling Water. **DO NOT DRAIN.**
2. Stir in Butter and Tetrazzini Sauce. Then fold in Cooked and Diced Chicken.
3. Transfer to pans and serve.

### Bulk Recipe - 210 servings

- 10 bags Commodity Helpers Tetrazzini
- 20 lbs DRY Whole Grain Commodity Spaghetti
- 7.5 gallons Boiling Water
- 2 lbs Margarine or Butter
- 26.5 lbs Cooked and Diced Chicken

1. Prepare as directed above using revised bulk quantities.

**Meal Components Met Per Serving:**  
2 oz Meat, 1 Bread

Nutrition Facts	Commodity Helpers		As Prepared	
	Tetrazzini, As Packaged		Tetrazzini, As Prepared	
Serving Size		(9g)		9 oz (249g)
Servings Per Container		21.2		21.2
<b>Amount Per Serving</b>				
<b>Calories</b>		30		310
Calories from Fat		5		80
		<b>% Daily Value*</b>		<b>% Daily Value*</b>
<b>Total Fat</b>	0.5g	1%	9g	14%
Saturated Fat	0g	0%	3.5g	18%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	60mg	20%
<b>Sodium</b>	520mg	22%	600mg	25%
<b>Total Carbohydrate</b>	5g	2%	41g	14%
Dietary Fiber	0g	0%	6g	24%
Sugars	2g		3g	
<b>Protein</b>	1g		22g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
Fat 9 • Carbohydrate 4 • Protein 4				
	Vitamin A	0%		2%
	Vitamin C	0%		0%
	Calcium	4%		6%
	Iron	0%		10%



**Ordering Information:**  
Item Code: G0309  
Pack Size: 20 / 6.6 oz bags  
Servings per Case: 420

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