

COMMODITY PASTA HELPERS

Chicken Alfredo

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



Basic Recipe - 21 servings

- 1 bag Commodity Helpers Chicken Alfredo
- 2 lbs DRY Whole Grain Commodity Spaghetti
- 4.5 cups Water (for sauce)
- 7 tbsp Margarine or Butter
- 2.75 lbs Cooked and Diced Chicken

1. Prepare 2 lbs Commodity Whole Grain Spaghetti according to manufacturers directions.
2. In a separate sauce pan, melt Butter in Water over medium heat.
3. Add Alfredo Sauce mix and continue to heat while stirring until sauce thickens to the desired consistency.
4. Drain Spaghetti and toss with finished Alfredo Sauce and Diced Chicken. Serve.

Bulk Recipe - 212 servings

- 10 bags Commodity Helpers Tetrizzini
- 20 lbs DRY Whole Grain Commodity Spaghetti
- 2.8 gallons Water (for sauce)
- 2.2 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 Chicken Alfredo, As Packaged		As Prepared	
Serving Size	(16g)		9 oz (246g)	
Servings Per Container	21		21	
Amount Per Serving				
Calories	70		360	
Calories from Fat	35		120	
	% Daily Value*		% Daily Value*	
Total Fat	4g	6%	14g	22%
Saturated Fat	3.5g	18%	4.5g	23%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	65mg	22%
Sodium	430mg	18%	800mg	33%
Total Carbohydrate	8g	3%	40g	13%
Dietary Fiber	0g	0%	5g	20%
Sugars	3g		1g	
Protein	2g		23g	
*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	6%		8%	
Iron	0%		6%	



Ordering Information:
 Item Code: G0303
 Pack Size: 20 / 11.05 oz bags
 Servings per Case: 424

Call 800.323.0233 or visit us at www.gagefoods.com to place your order!