

Chicken Pomodoro

Penne pasta baked in a rustic blend of basil, garlic, tomatoes, and parmesan cheese. LunchWell products meet all Wellness Guidelines - each serving has less than 30% fat, less than 10% saturated fat, 0 grams of trans fat, low sodium, and 5 grams of fiber!



LunchWell

Basic Recipe

- 1 #10 can LunchWell Chicken Pomodoro
- 3.75 lbs (60 oz) Cooked and Diced Chicken
- 3 quarts Boiling Water
- 1 #10 can Diced Tomatoes

1. In a full size steam table pan, combine chicken, diced tomatoes, and the pasta and seasoning mix from the can.

2. Carefully add boiling water and stir to mix.

3. Loosely cover pan with foil and bake in a preheated 400° oven for 35 minutes.

4. Remove from oven and stir gently. Allow product to set for 15-30 minutes before serving.

Yield: 30 - 1 cup (9.8 oz) servings

Note: 180 servings per case

Meal Components Met Per Serving:
2 oz Meat, 1 Bread, 3/8 cup Vegetables

Nutrition Facts

	Chicken Pomodoro, As Packaged		As Prepared with Diced Chicken	
Serving Size	(42g)		1 cup (9.5 oz) (291g)	
Servings Per Container	30		30	
Amount Per Serving				
Calories	100		220	
Calories from Fat	0		35	
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	4g	6%
Saturated Fat	0g	0%	1g	5%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	50mg	17%
Sodium	180mg	8%	490mg	20%
Total Carbohydrate	23g	8%	31g	10%
Dietary Fiber	5g	20%	5g	20%
Sugars	4g		6g	
Protein	3g		18g	
*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	20%		20%	
Vitamin C	6%		30%	
Calcium	2%		8%	
Iron	20%		20%	



Ordering Information:
Item Code: LW2015
Pack Size: 6 / #10 cans
Servings per Case: 180

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