

Alfredo Tuna and Noodles



Low in fat
Zero trans fat
Zero cholesterol

Alfredo Tuna and Noodles

Number of portions: **40** Size of portion: **3/4 Cup**

Ingredient	Measure	Procedure
Water, hot	2 gal.	Heat water to rolling boil.
Egg Noodles, dry	1 1/2 lb.	Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step below.
Alfredo Buds, [®] dry mix	1 bag (1 lb.)	Mix Alfredo Buds with Chicken broth.
Chicken broth, low sodium	2 qt.	Add onions, celery, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
Celery, raw	1 lb. 3 1/4 oz. chopped	
Onions, raw	1 lb. 7/8 oz. chopped	
Pepper, black	1 3/4 tsp.	
Parsley, dried	1/2 cup, 1 1/2 tbsp.	
Salt	1 1/8 tsp.	
Tuna, drained - white, canned in water	1 (66 1/2 oz. can, drained)	Add cooked noodles, tuna, and lemon juice, Stir gently to combine.
Lemon juice - canned, single strength	1/2 cup	Cook over medium heat for 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. Hold for 30 minutes on a 180-190° F to allow sufficient time for mixture to set up properly. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Nutritional Information

Calories	170	Iron	1.57 mg	Protein	28.92 g	38.59% Calories from protein
Cholesterol	35 mg	Calcium	94.65 mg	Carbohydrates	53.19 g	48.12% Calories from carbohydrates
Sodium	570 mg	Vitamin A	116.3 IU	Total Fat	3.22 g	17.06% Calories from total fat
Dietary Fiber	1.13 g	Vitamin A	15.4 RE	Saturated Fat	0.58 g	3.09% Calories from saturated fat
		Vitamin C	2.72 mg	Trans Fat	0.01* g	0.06*% Calories from trans fat

Note: * - asterisk denotes combined nutrient totals with either missing or incomplete nutrient data