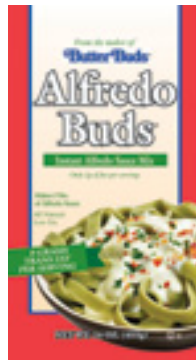


Chicken-ala-King



Low in fat
Zero trans fat
Zero cholesterol

Chicken-ala-King

Number of portions: **50** Size of portion: **3/4 Cup**

Ingredient	Measure	Procedure
Water, hot tap	2 qts.	Place hot water in large sauce pan. Stir in Alfredo Buds.
Alfredo Buds,® dry sauce mix	1 bag (1lb.)	Add poultry seasoning, pepper, and onion powder. Stir until well blended.
Poultry seasoning	1 1/2 tsp.	Add chicken, peas and pimentos. Cook over medium heat for 3-5 minutes or until heated through.
Black pepper	1 1/2 tsp.	
Onion powder	1/4 cup	Pour into serving pans.
Chicken, cooked & diced	6 lbs. 6 oz.	Serving tip: Serve over rice, noodles, or a biscuit.
Green peas, frozen, cooked	2 lbs. 6 1/2 oz.	Portion with 6 oz. ladle: ¾ cup (6 oz. ladle) provides 2 oz. equivalent meat/meat alternate and 1/8 cup of vegetable.
Pimento, canned	1/2 cup	

Nutritional Information

Calories	163 kcal	Iron	1.12 mg	Protein	17.86 g	43.95% Calories from protein
Cholesterol	55.88 mg	Calcium	18.00 mg	Carbohydrates	10.32 g	25.39% Calories from carbohydrates
Sodium	331.56 mg	Vitamin A	542.43 IU	Total Fat	5.32 g	29.46% Calories from total fat
Dietary Fiber	1.34 g	Vitamin A	26.20 RE	Saturated Fat	1.23 g	6.81% Calories from saturated fat
Water ¹	93.18 g	Vitamin C	3.94 mg	Trans Fat	0.00 g	N/A% Calories from trans fat
Ash ¹	0.84 g					

Note: N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient