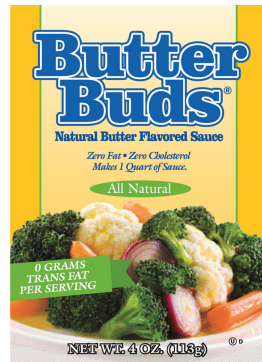


Chicken and Noodles



Low in fat
Zero trans fat
Zero cholesterol

Chicken and Noodles

Number of portions: **60** Size of portion: **1 Cup**

| Ingredient | Measure | Procedure |
|---------------------------|------------------------|--|
| Chicken broth, low sodium | 2 1/4 gal. 2 1/4 cup | Heat chicken broth to boiling. Slowly stir in noodles, and onions. Boil, uncovered, for 6 minutes. DO NOT DRAIN. |
| Egg noodles, dry | 3 lb. | |
| Onions, raw | 1 lb. 7/8 oz. chopped. | Mix 1 pkg (4 oz.) of Butter Buds dry mix with 1 quart of hot tap water. 1 pkg yields 2lbs of sauce. Measure out desired amount, refrigerate remaining amount for future use. |
| Butter Buds,® dry mix | 3 3/4 tbsp. | |
| Water | 3/4 cup. 8 fl oz. | Add flour to Butter Buds and stir until smooth. |
| Flour, all purpose | 4 7/8 oz. | Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken to noodles. Stir gently to combine. |
| Non fat dry milk, powder | 1 qt. 3 1/8 cup | |
| Black pepper | 1 3/4 tsp. | Stir occasionally until thickened. |
| Chicken, cooked & diced | 7 lb. 11 oz. | 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. |
| | | CCP: Hold for hot service at 135° F or higher. |
| | | Portion with 8 oz. ladle (1 cup). |

Nutritional Information

| | | | | | | |
|--------------------------|-----------|------------------|-----------|------------------------------|----------|------------------------------------|
| Calories | 265 kcal | Iron | 2.11 mg | Protein | 26.18 g | 39.52% Calories from protein |
| Cholesterol | 72.62 mg | Calcium | 124.76 mg | Carbohydrates | 23.99 g | 36.22% Calories from carbohydrates |
| Sodium | 159.89 mg | Vitamin A | 4754 IU | Total Fat | 6.46 g | 21.95% Calories from total fat |
| Dietary Fiber | 0.97 g | Vitamin A | 10.89 RE | Saturated Fat | 1.80 g | 6.10% Calories from saturated fat |
| Water¹ | 195.96 g | Vitamin C | 1.06 mg | Trans Fat¹ | *0.01* g | *0.05%* Calories from trans fat |
| Ash¹ | 307 g | | | | | |

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

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

¹ - denotes optional nutrient values