

Tuna and Noodles



Low in fat
Zero trans fat
Zero cholesterol

Tuna and Noodles

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

Ingredient	Measure	Procedure
Water	2 1/4 gal. 2 1/4 cups	Heat water to rolling boil.
Egg noodles, dry	3 lb.	Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. *Reserve for step below.
Butter Buds, [®] dry mix	1/4 cup, 1 tbsp.	Mix 1 package (4oz) of Butter Buds sauce dry mix with 1 quart of hot tap water. 1 pkg. yields 2 lbs of sauce. Measure desired amount. Refrigerate remaining Butter Buds for future use. Add celery and onions to Butter Buds sauce. Cook over medium heat for 5-6 minutes.
Water	1 cup	
Celery, raw	1 lb. 3 1/4 oz. chopped	
Onions, raw	1 lb. 7/8 oz. chopped	
Flour, all purpose	9 5/8 oz.	Add flour and stir until smooth.
Non-fat dry milk, powder	1 gal. 3 1/4 cup	Add milk, chicken broth, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
Chicken broth, low sodium	1 gal. 3 1/4 cup	
Black pepper	1 3/4 tsp.	
Parsley, dried	1/2 cup, 1 1/2 tbsp.	
Salt	1 1/8 tsp.	
Tuna, drained, white, canned in water	2 3/8 (66 1/2 oz. can, drained)	*Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes.
Lemon juice, canned, single strength	3/4 cup, 1/2 tbsp.	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	277 kcal	Iron	2.02 mg	Protein	26.70 g	38.59% Calories from protein
Cholesterol	47.21 mg	Calcium	301.73 mg	Carbohydrates	33.30 g	48.12% Calories from carbohydrates
Sodium	440.69 mg	Vitamin A	75.10 IU	Total Fat	3.43 g	11.16% Calories from total fat
Dietary Fiber	1.25 g	Vitamin A	15.41 RE	Saturated Fat	0.98 g	3.17% Calories from saturated fat
Water¹	292.79 g	Vitamin C	3.40 mg	Trans Fat	*0.01* g	*0.05*% Calories from trans fat
Ash¹	4.04 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