

# Fremont Unified School District

**Recipe: 000832 Alfredo Sauce**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source:  
Recipe Group: SAUCE

Alternate Recipe Name:  
Number of Portions: 40  
Size of Portion: 1/4 cup

902804 Alfredo Sauce...	32 OZ	1. Follow directions on package to make sauce.
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\*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	87 kcal	Cholesterol	0.00 mg	Protein	2.18 g	Calcium	87.23 mg	33.75%	Calories from Total Fat
Total Fat	3.27 g	Sodium	741.45 mg	Vitamin A	0.00 RE	Iron	0.00 mg	22.50%	Calories from Saturated Fat
Saturated Fat	2.18 g	Carbohydrates	13.08 g	Vitamin A	0.00 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	60.00%	Calories from Carbohydrates
								10.00%	Calories from Protein

\*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

<sup>1</sup> - denotes optional nutrient values

<b>Miscellaneous</b>	<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902804	Alfredo Sauce			

**Notes**

Production Notes:

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

#16 scoop is 1/4 cup portion.

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