



Fettuccini Alfredo





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Recipe Items:	1 Portion	5 Portions
PE Pasta (PE#21757)	#10 scoop (95 gm)	475 gm (16.75 oz)
Alfredo Sauce	#10 scoop (95 gm)	475 gm (16.75 oz)
Parmesan Cheese, fine ground	#24 scoop (45 mL)	225 mL (7.6 Fl oz)
PE Spinach Mousse (PE#21743)	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Place a #10 Scoop (95 gm) of PE Pasta into a service bowl. Layer a #10 Scoop (95 gm) of Alfredo sauce over the pasta.



3. Finish the dish with a #24 Scoop (45 ml) fine ground parmesan cheese and top with 1 Tbsp (15 ml) PE Spinach mousse by flaking to garnish.

Nutrition Facts	
Valeur nutritive	
Per 1 serv (229g) / par 1 serv (229g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	240
Fat / Lipides	10g 15%
Saturated / satures	6g
+ Trans / trans	0g
Cholesterol / Cholesterol	25mg 30%
Sodium / Sodium	970mg 41%
Carbohydrate / Glucides	26g 9%
Fibre / Fibres	less than 1g 4%
Sugars / Sucres	4g
Protein / Proteines	9g
Vitamin A / Vitamine A	3%
Vitamin C / Vitamine C	0%
Calcium / Calcium	25%
Iron / Fer	6%

Variations: add PE Chicken Mousse to create an entrée instead of a side dish version, reduce Alfredo Sauce and Parmesan Cheese in recipe if creating an entrée with PE Chicken Mousse. Variations to ingredients are not included in nutritional analysis.

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

