

# Cajun Chicken Pasta - CACFP

✓ Successfully updated

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Recipe has been successfully updated.

## General Information

Recipe #	Category	Source
1780812	Lunch Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	1 lbs., 14 oz.	
Cheese, Sauce, Alfredo, Canned, 6/106oz, 39.75#, Land O Lakes, 39049	1 lbs., 4 oz.	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	½ c.	
Onions, raw	¾ c. chopped	
Peppers, sweet, green, raw	¾ c. chopped	
Tomatoes, red, ripe, raw, year round average	½ c. chopped or sliced	
Spices, paprika	1 ½ tsp.	
Spices, garlic powder	2 ¼ tsp.	
Spices, pepper, black	½ tsp. ground	
Spices, onion powder	¾ tsp.	
Spices, pepper, red or cayenne	¾ tsp.	
Spices, oregano, dried	1 ½ tsp. ground	
Spices, thyme, dried	1 ½ tsp. ground	
Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program)	1 lbs., 8 oz.	
Salt, table	½ tsp.	
Parmesan cheese topping, fat free	½ c.	



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Serving Size	Yield
1/2 Cup	25.00

## Nutrition Facts

Serving Size 1/2 Cup (104 gm)

Amount Per Serving	% Daily Value*
Calories 204.494	
Total Fat 6.164 gm	9.483%
Saturated Fat 2.784 gm	13.918%
Trans Fat 0.001* gm	
Cholesterol 31.844* mg	10.615%
Sodium 271.705 mg	11.321%
Total Carbohydrate 23.997 gm	7.999%
Dietary Fiber 3.464 gm	13.858%
Total Sugars 2.017 gm	
Includes 0.000 * gm of Added Sugars	
Protein 13.775 gm	27.551%
Vitamin A 7.747* mcg RAE	0.861%
Vitamin C 4.550* mg	7.584%
Vitamin D 0.060* mcg	0.3%
Calcium 64.304 mg	6.43%
Iron 1.651 mg	9.172%
Potassium 352.377 mg	7.497%
Saturated Fat % of Calories	12.251 %
Added Sugar % of Calories	0.000 %

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Grains

1 oz

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Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Place product in a single layer on a clean pan.

Preheat oven.

Place in oven and bake.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

**CORRECTIVE ACTION HOT FOOD:** All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

## Dates

Last Updated

01-04-2026

Created

04-07-2025

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