

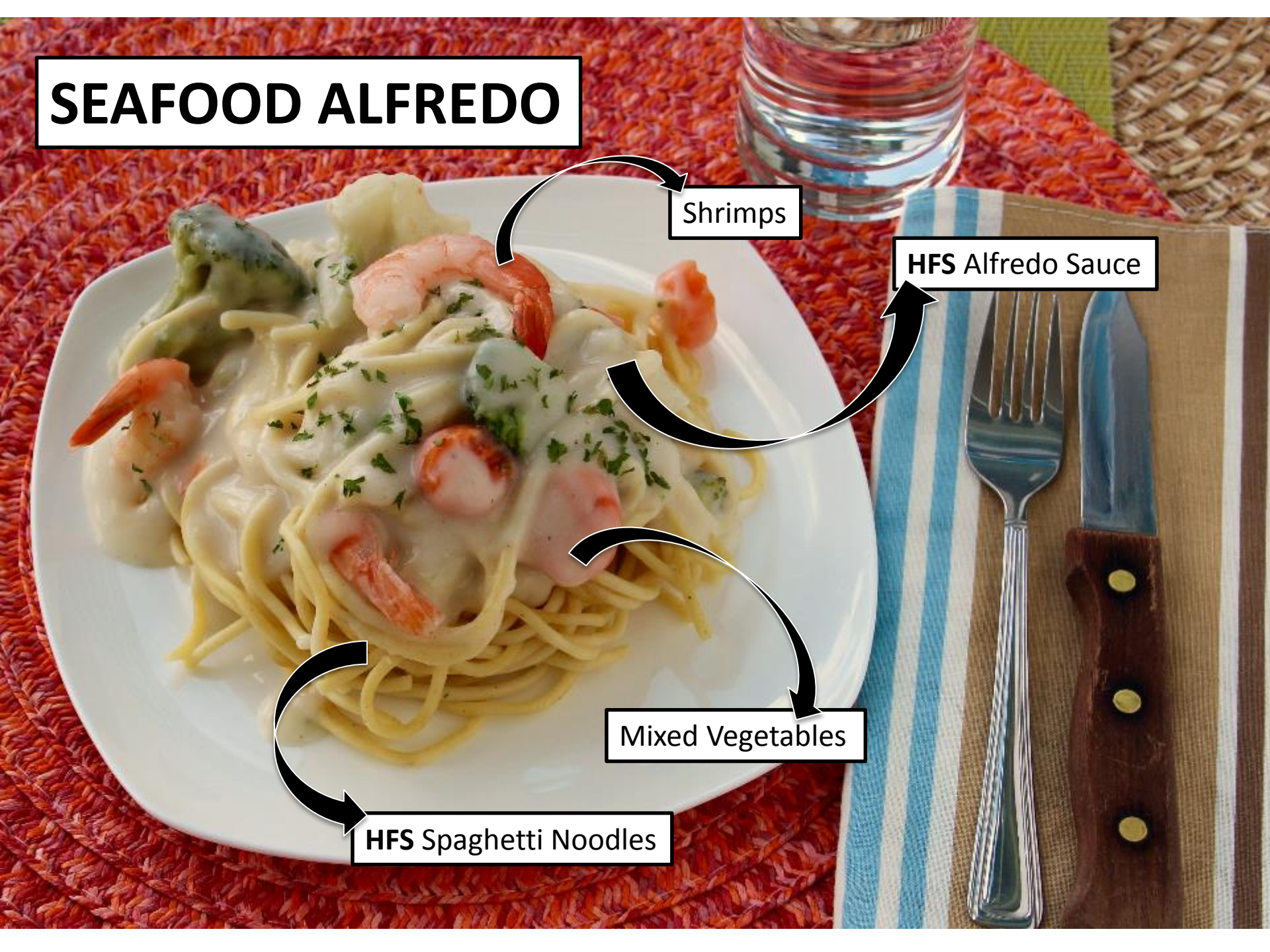
# SEAFOOD ALFREDO

Shrimps

HFS Alfredo Sauce

Mixed Vegetables

HFS Spaghetti Noodles



# SEAFOOD ALFREDO

## RECIPE

Portions: 32

### INGREDIENTS

- 3 pouches **HFS Alfredo Sauce** (Sysco [8272892](#))
- 1 kg Californian mixed vegetables (Sysco 0440255, GFS 1154774)
- 500 g frozen shrimps (Sysco 4778786, GFS 4364206)
- 2 pouches **HFS Spaghetti Noodles** (Sysco [5616386](#))

### PREPARATION

In a bowl, mix together the sauce, the vegetables and the shrimps.

Heat the preparation and serve 1 scoop # 8 of sauce over 80g of noodles.

## Nutrition Facts

Serving Size 1 scoop #8 of sauce and 80g of noodles (248g)

Amount Per Serving

**Calories** 242

% Daily Values\*

**Total Fat** 6.5g **10%**

Saturated Fat 3.7g **19%**

Trans Fat 0g

**Cholesterol** 57.4mg **19%**

**Sodium** 396mg **17%**

**Total Carbohydrate** 34g **11%**

Dietary Fiber 2.7g **11%**

Sugars 4.2g

**Protein** 12.4g **25%**

\*Percent Daily Values are based on a 2,000 calorie diet.

