

# ALFREDO

1 cup serving = 14g protein



1 Batch Yield: 12 servings (1 cup per serving)	
Rubicon Alfredo Base Mix #19104	150 g (1 ¼ cups)
Dry and Uncooked Penne Pasta	16 oz
Hot Tap Water (at least 120°F)	7 cups
Cream Cheese	4 oz
Shredded or Grated Parmesan Cheese	9 oz
Parsley Flakes (optional)	2 tsp

1. **Multiply** ingredients by the number of batches needed.
2. **Pour** hot water into hotel pan and **whisk** in base mix & smoked paprika for at least 30 seconds, until fully dissolved.
3. **Add** dry, uncooked pasta.
4. **Cover & bake** at 350°F (convection) for 40 minutes.
5. **Remove & stir** in cheeses and parsley
6. **Bake additional 10 minutes** if liquid remains or when preparing larger batches (3-4 batches in a 4" full hotel pan).

Recommended Pan Sizes & Batch Scaling	
4" quarter or third pan	1 batch (11 serv.)
4" half hotel pan	2 batches (22 serv.)
4" full hotel pan	3-4 batches (33-44 serv.)
Kettle recipe available for larger servings	

## RECIPE NUTRITION

Per 1 cup serving (260g total recipe weight)

Calories 330 Total Fat 14g Cholesterol 36mg Sodium 665mg  
Total Carbs 39g Fiber 2.3g Sugar 4g Protein 14.1g