



BERNARD
FOOD INDUSTRIES, INC.®

REORDER 202157

KWIK DISH ALFREDO DINNER MIX

STOVE TOP OR STEAM KETTLE DIRECTIONS:

1. Stir contents of this can and 8 oz. (1 cup) margarine, oil or butter into 3 qt. plus 3 cups of boiling water.
2. Drain 2 lb. cooked Poultry or Seafood and add to mixture.
3. **Stove Top:** Bring mixture to a boil, reduce heat, cover and simmer for about 15 to 20 minutes. Stir occasionally to prevent scorching.

Steam Kettle: Bring mixture to a boil, turn off heat, cover and hold in steam kettle for 15 minutes, stir occasionally.

4. Remove from heat; allow to stand covered for approximately 5 minutes to fully thicken.

OVEN COOK DIRECTIONS:

1. Using one 12" x 20" x 2 1/2" steam table pan, combine contents of this can, 8 oz. (1 cup) margarine, oil or butter, 3 qt. plus 3 cups boiling water and 2 lb. cooked, drained Poultry or Seafood.
2. Mix all ingredients and cover tightly with foil.
3. Bake at 325° F in preheated oven for 30 minutes. Check noodles to determine they are fully cooked prior to removing from oven. Keep covered prior to serving to allow product to fully thicken.

(Upon standing finished dish will continue to thicken; 1 cup hot water may be added to return product to desired consistency)

Note: If using Poultry, juice from meat can be substituted for water in equal amounts.

Yield: 22 – 8 oz. servings by weight (#6 scoop, heaping or 2/3 cup, heaping) providing 1 1/2 oz. Meat/Meat Alternate and 1 Grain ounce equivalent Meat can be doubled from 2 lb. to 4 lb. providing 3 oz. Meat/Meat Alternate per 1 cup (9 1/2 oz. by weight) serving.

Yield: 32 – 5 1/2 oz. servings by weight (#8 scoop, slightly rounded or 1/2 cup slightly mounded) providing 1 oz. Meat/Meat Alternate and 3/4 Grain ounce equivalent. Meat can be doubled from 2 lb. to 4 lb. providing 2 oz. Meat/Meat Alternate per slightly mounded 2/3 cup (6 1/2 oz. by weight) serving.

Nutrition Facts

32 servings per container

Serv. size 5 1/2 oz prepared (21g mix)

Amount per serving

Calories 120

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 240mg **10%**

Total Carbohydrate 21g **8%**

Dietary Fiber 2g **6%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron .7mg 4%

Potassium 25mg 1%

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

Ingredients: Pasta (51% Whole Durum Flour, Semolina Durum Wheat Flour [Enriched With Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid] And Water), Creamer Powder (Palm Oil, Corn Syrup Solids, Sodium Caseinate, Mono And Diglycerides, Sodium Silico Aluminate), Romano Cheese ([Made From Cows Milk, Salt, Cheese Cultures, Enzymes], Whey, Disodium Phosphate, Lactic Acid), Modified Corn Starch, Buttermilk Solids, Natural Cheese Flavor, Salt, Natural Flavor, Sunflower Oil.
Contains Milk, Wheat

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