

Chicken Enchilada

Servings:	1.00
Serving Size:	2.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

These whole grain rich chicken enchiladas are made with a rich corn tortilla.

Nutrition Information

Calories	259.02	Protein	15.30g
Fat	13.10g	SaturatedFat	7.50g
Trans Fat	0.00g	Cholesterol	50.00mg
Carbohydrates	20.97g	Fiber	4.35g
Sugar	1.99g	Sodium	551.76mg
Iron	3.12mg	Vitamin C	4.76mg
Vitamin A	1430.11IU	Calcium	286.14mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	402332	ENCHILADA CHIX WGRAIN 112-2.5Z	Conventional Oven: 300 degrees F for 20-25 minutes from frozen, 15-20 minutes from thawed. Convection Oven: 300 degrees F for 12-18 minutes from frozen, 9-12 minutes from thawed. Internal temperature should reach 160 degrees F.
2 Tablespoon	598461	SAUCE ENCHILADA MILD 4-1GAL GRSZ	
1/4 Cup	150250	CHEESE CHED MLD SHRD 4-5# COMM	

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Place Enchiladas in pan cover with Enchilada sauce. Heat @ 300 for 15 min

Sprinkle cheese on top and return to oven for 3 min