

# Cheese Quesadilla

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS MOZZ WGRAIN 96- 4.4Z	2 Piece	<b>BAKE</b> COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 375°F, low fan. Place two frozen quesadilla sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 450°F. Place one frozen quesadilla sheet on parchment lined half sheet pan. Bake for 15-17 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	584834

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		320.00	
<b>Fat</b>		12.00g	
<b>SaturatedFat</b>		6.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		40.00mg	
<b>Sodium</b>		560.00mg	
<b>Carbohydrates</b>		32.00g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	350.00mg	<b>Iron</b>	2.70mg