

Quesidilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44278

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP	1 Each		677721
QUESADILLA CHS WGRAIN	1 Each		231771

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.630
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	350.00
Fat	11.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	910.00mg
Carbohydrates	49.00g
Fiber	4.00g
Sugar	9.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.00mg	Iron 3.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available