

HOMEMADE CHICKEN QUESADILLA

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34253
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	2 Each		713330
SALSA 103Z	4 Ounce	READY_TO_EAT None	452841
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHEESE MOZZ SHRD	1/4 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.667
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	566.67
Fat	24.33g
SaturatedFat	13.50g
Trans Fat	0.00g
Cholesterol	81.67mg
Sodium	1187.33mg
Carbohydrates	52.67g
Fiber	2.00g
Sugar	5.67g
Protein	31.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 468.00mg	Iron 5.07mg

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

Nutrition - Per 100g

No 100g Conversion Available