

HOMEMADE BLT QUESADILLA

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35514
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
CHEESE MOZZ SHRD	1/3 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
BACON TOPPING CKD 1/4IN DCD	1 Fluid Ounce		365650

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.640
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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	524.00
Fat	28.80g
SaturatedFat	15.04g
Trans Fat	0.00g
Cholesterol	69.40mg
Sodium	1068.40mg
Carbohydrates	36.64g
Fiber	4.00g
Sugar	2.32g
Protein	29.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 534.28mg	Iron 50.00mg

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

Nutrition - Per 100g

No 100g Conversion Available