

# Chicken Quesadilla



<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42228

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Pound		570533
SEASONING TACO	1 Tablespoon		413429
TORTILLA FLOUR ULTRGR 9IN	10 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	10 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

1. Gather all ingredients. Wash hands thoroughly and put on fresh pair of gloves.
2. Heat chicken according to package instruction to a minimum of 165F for 15 seconds. Sprinkle taco seasoning on chicken and mix well to incorporate.
3. Line two sheet pans with parchment paper and lay out 10 tortillas on the pans.
4. Scoop 2 oz of chicken onto one side of the tortilla and spread to cover half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Place a second sheet pan on top of the tortillas and press down to flatten.
7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Optional: Serve with 1 oz cupped salsa and sour cream offered on the side.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.333
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	352.33
<b>Fat</b>	16.17g
<b>SaturatedFat</b>	9.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.33mg
<b>Sodium</b>	473.00mg
<b>Carbohydrates</b>	32.13g
<b>Fiber</b>	4.15g
<b>Sugar</b>	2.15g
<b>Protein</b>	20.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 244.00mg	<b>Iron</b> 2.43mg

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

## Nutrition - Per 100g

No 100g Conversion Available