

# Chicken Fajitas with Rice

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	<b>Recipe ID:</b>	R-25972

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHIX STRP FAJT GRLLD 6-5 GLDKST	2 1/2 Ounce	BAKE COOK TO AN INTERNAL TEMPERATURE OF 165F.	903490
ONION YELLOW JUMBO	1 Ounce	Slice or dice onions	109620
PEPPERS RED	1 Ounce	Slice or dice peppers	597082
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
RICE SPANISH	1/2 Cup		834850

## Preparation Instructions

1. Heat chicken strips in a single layer in a 350° oven for 5-8 minutes. CCP: Heat to a minimum of 165°. CCP: Hold for hot service at 140 or higher.
2. Steam peppers and onions until just tender.
3. Cook rice per package directions. CCP: Hold for hot service at 135° or higher.

To serve:

Portion approx 2 oz chicken, 1/4 C onions and peppers and 1/2 oz shredded cheese onto a tortilla.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.167
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.190
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	654.89
<b>Fat</b>	12.71g
<b>SaturatedFat</b>	6.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	81.67mg
<b>Sodium</b>	1683.03mg
<b>Carbohydrates</b>	105.40g
<b>Fiber</b>	6.32g
<b>Sugar</b>	8.69g
<b>Protein</b>	32.77g
<b>Vitamin A</b> 760.98IU	<b>Vitamin C</b> 46.31mg
<b>Calcium</b> 219.26mg	<b>Iron</b> 5.79mg

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

## Nutrition - Per 100g

No 100g Conversion Available