

Cheese Quesadilla



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42229

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SEASONING TACO	2 Teaspoon		413429
TORTILLA FLOUR ULTRGR 9IN	10 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	2 Pound	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. Line two sheet pans with parchment paper and lay out 10 tortillas on the pans.
3. Sprinkle 2 oz cheese across half the open tortilla, sprinkle taco seasoning over the cheese, then fold tortilla in half.
4. Place a second sheet pan on top of the tortillas and press down to flatten.

5. 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

Meat	3.200
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	524.00
Fat	33.30g
SaturatedFat	22.20g
Trans Fat	0.00g
Cholesterol	96.00mg
Sodium	803.00mg
Carbohydrates	33.60g
Fiber	4.10g
Sugar	2.10g
Protein	24.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 681.80mg	Iron 2.07mg

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

Nutrition - Per 100g

No 100g Conversion Available