

TORTILLA WITH SEASONED CHICKEN



Servings:	50.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9912
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	UNSPECIFIED Not currently available	570533
SAUCE ENCHILADA MILD	2 Quart		598461
TORTILLA FLOUR 10 12-12CT GRSZ	50 Each		713340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.667
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: 50.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories		329.47	
Fat		10.33g	
SaturatedFat		4.10g	
Trans Fat*		0.00g	
Cholesterol		58.67mg	
Sodium		500.00mg	
Carbohydrates		33.23g	
Fiber		1.00g	
Sugar		2.08g	
Protein		23.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.64mg

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

Nutrition - Per 100g

Calories		387.39	
Fat		12.15g	
SaturatedFat		4.82g	
Trans Fat*		0.00g	
Cholesterol		68.98mg	
Sodium		587.90mg	
Carbohydrates		39.07g	
Fiber		1.18g	
Sugar		2.45g	
Protein		27.28g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	58.79mg	Iron	3.10mg

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