

HOMEMADE CHICKEN QUESADILLA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34253
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	2 Each		713330
SALSA 103Z	4 Ounce	READY_TO_EAT None	452841
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Ounce	UNSPECIFIED Not currently available	570533
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
CHEESE MOZZ SHRD	1/4 Cup		645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.667
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.667
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		566.67	
Fat		24.33g	
SaturatedFat		13.50g	
Trans Fat*		0.00g	
Cholesterol		81.67mg	
Sodium		1187.33mg	
Carbohydrates		52.67g	
Fiber		2.00g	
Sugar		5.67g	
Protein		31.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	468.00mg	Iron	5.07mg

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

Nutrition - Per 100g

No 100g Conversion Available