

HOMEMADE BLT QUESADILLA



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35514
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	1/3 Cup		150250
CHEESE MOZZ SHRD	1/3 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
BACON TOPPING CKD 1/4IN DCD	1 Fluid Ounce		365650

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.640
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
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		524.00	
Fat		28.80g	
SaturatedFat		15.04g	
Trans Fat*		0.00g	
Cholesterol		69.40mg	
Sodium		1068.40mg	
Carbohydrates		36.64g	
Fiber		4.00g	
Sugar		2.32g	
Protein		29.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	534.28mg	Iron	50.00mg

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

Nutrition - Per 100g

No 100g Conversion Available