

# Chicken Quesadilla-Homemade

|               |                            |                |                  |
|---------------|----------------------------|----------------|------------------|
| Servings:     | 1.00                       | Category:      | Entree           |
| Serving Size: | 1.00 Each                  | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                      | Recipe ID:     | R-52526          |
| School:       | Wakarusa Elementary School |                |                  |

## Ingredients

| Description                                    | Measurement | Prep Instructions                  | DistPart # |
|------------------------------------------------|-------------|------------------------------------|------------|
| TORTILLA FLOUR ULTRGR 8IN                      | 1 Each      |                                    | 882700     |
| Chicken, Diced, Cooked, Frozen                 | 2 Ounce     | Weight<br>USDA Brown Box Commodity | 100101     |
| Cheese, Cheddar, Yellow, Reduced Fat, Shredded | 1/4 Cup     | USDA Brown Box Commodity           | 100012     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|          |       |
|----------|-------|
| Meat     | 3.000 |
| Grain    | 1.500 |
| 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           |         | 322.00    |        |
| Fat                |         | 13.00g    |        |
| SaturatedFat       |         | 7.00g     |        |
| Trans Fat*         |         | 0.00g     |        |
| Cholesterol        |         | 62.00mg   |        |
| Sodium             |         | 403.00mg  |        |
| Carbohydrates      |         | 31.00g    |        |
| Fiber              |         | 4.00g     |        |
| Sugar              |         | 2.00g     |        |
| Protein            |         | 24.00g    |        |
| Vitamin A          | 0.00IU  | Vitamin C | 0.00mg |
| Calcium            | 45.00mg | Iron      | 2.00mg |

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

## Nutrition - Per 100g

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No 100g Conversion Available

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