

Cheese Quesadilla

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Quesadilla	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49880

Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" Wheat Tortilla	1 Each		83137
CHEESE CHED SHRD R/F	6 Tablespoon		344721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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 Quesadilla

Amount Per Serving			
Calories		256.80	
Fat		12.12g	
SaturatedFat		7.58g	
Trans Fat*		0.00g	
Cholesterol		30.40mg	
Sodium		493.60mg	
Carbohydrates		22.52g	
Fiber		2.00g	
Sugar		1.00g	
Protein		15.16g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	373.92mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes
**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available