

Chicken & Cheese Quesadilla



| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8658 |
| School: | Central Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|--|------------|
| TORTILLA FLOUR 8IN | 1 Each | Ready to Eat | 713330 |
| CHIX CKD SHRD WHT IQF | 2 Ounce | BEST IF THAWED IN REFRIGERATOR. REMOVE DESIRED AMOUNT TO THAW FROM BULK CASE. PLACE IN SEALED CONTAINER IN REFRIGERATOR OVERNIGHT. OR MICROWAVE SMALL AMOUNTS 2-3 MINUTES. Basic Preparation READY TO USE. ONLY NEED TO THAW PRIOR TO SERVING. HOWEVER, FROZEN PRODUCT MAY BE ADDED TO RECIPE AND THEN 1) WARMED OR COOKED, OR 2) ALLOWED TO THAW OVERNIGHT IN REFRIGERATOR (EXAMPLE: WALDORF CHICKEN SALAD) | 617760 |
| CHEESE CHED SHRD | 1/8 Cup | Ready to eat | 199720 |

Preparation Instructions

Cheese-

Ready to Eat

Tortilla Shell-

Ready To Eat

Chicken Fajita-

PLACE FROZEN CHICKEN FAJITA STRIPS IN A SINGLE LAYER ON SHEET PANS. HEAT TO AN INTERNAL TEMPERATURE OF 165 *F FOR 15 SECONDS. TIMES AND TEMPERATURES ARE CRITICAL TO PRODUCT QUALITY. IN A DECK OVEN HEAT 25-30 MINUTES AT 350 *F AND IN A CONVECTION OVEN HEAT 15-20 MINUTES AT 400 *F.

or

Shredded Chicken - 2 oz.

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

| Amount Per Serving | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 1.250 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 315.72 | | |
| Fat | 13.09g | | |
| Saturated Fat | 7.81g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 66.53mg | | |
| Sodium | 449.73mg | | |
| Carbohydrates | 21.00g | | |
| Fiber | 1.00g | | |
| Total Sugar | 1.00g | | |
| Added Sugar | 1.00g | | |
| Protein | 27.24g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 34.33mg | Iron | 1.24mg |

Nutrition - Per 100g

No 100g Conversion Available