

Tortilla Chips with Cheese & Salsa

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57727
School:	Van Rensselaer Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND WGRAIN	2 Ounce	Weight	739741
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250
SALSA CUP	1 Each	N/A	677802

Preparation Instructions

Package chips, cheese and salsa cup together.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	2.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
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	419.30		
Fat	21.00g		
Saturated Fat	8.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	610.50mg		
Carbohydrates	41.00g		
Fiber	4.00g		
Total Sugar	3.00g		
Added Sugar	0.00g		
Protein	10.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	259.00mg	Iron	1.00mg

Nutrition - Per 100g

Calories	739.51		
Fat	37.04g		
Saturated Fat	14.11g		
Trans Fat	0.00g		
Cholesterol	52.91mg		
Sodium	1076.72mg		
Carbohydrates	72.31g		
Fiber	7.05g		
Total Sugar	5.29g		
Added Sugar	0.00g		
Protein	17.64g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	456.79mg	Iron	1.76mg