

Chicken Quesadilla



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42228

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	1 Pound	USE COMMODITY DICED CHICKEN WHENEVER POSSIBLE	570533
SEASONING TACO	1 Tablespoon		413429
TORTILLA FLOUR ULTRGR 9"	10 Each		523610
CHEESE CHED MLD SHRD 4-5 LOL	10 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

1. Gather all ingredients. Wash hands thoroughly and put on fresh pair of gloves.
2. Heat chicken according to package instruction to a minimum of 165F for 15 seconds. Sprinkle taco seasoning on chicken and mix well to incorporate.
3. Line two sheet pans with parchment paper and lay out 10 tortillas on the pans.
4. Scoop 2 oz of chicken onto one side of the tortilla and spread to cover half.
5. Sprinkle 2 oz cheese on top of the chicken and fold tortilla in half.
6. Place a second sheet pan on top of the tortillas and press down to flatten.
7. Bake in convection oven for 8-10 minutes until cheese is melted and tortillas are golden brown.

CCP: Hold at 135F or higher.

Place on tray to serve, no need to wrap or boat.

Optional: Serve with 1 oz cupped commodity salsa and sour cream offered on the side.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.333
Grain	2.250
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: 10.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	352.33
Fat	16.17g
Saturated Fat	9.30g
Trans Fat	0.00g
Cholesterol	59.33mg
Sodium	476.00mg
Carbohydrates	31.13g
Fiber	3.15g
Total Sugar	2.15g
Added Sugar	0.15g
Protein	19.75g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 239.00mg	Iron 1.87mg

Nutrition - Per 100g

Calories	478.00
Fat	21.93g
Saturated Fat	12.62g
Trans Fat	0.00g
Cholesterol	80.50mg
Sodium	645.77mg
Carbohydrates	42.24g
Fiber	4.27g
Total Sugar	2.92g
Added Sugar	0.20g
Protein	26.79g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 324.24mg	Iron 2.53mg