

Chicken Fajita

Servings:	12.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-56001

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	48 ounces	Preheat oven to 350°F (175°C). or Combi (Combi will take less time to cook fi cooking on steam) Place frozen chicken in a pan. If pieces are tightly frozen together, break apart gently if possible. Sprinkle salt & pepper evenly over the top. (Start light, you can always add more after tasting.) Add a few tablespoons of water to the pan and cover with a lid. This prevents drying. Heat in oven for 15 minutes, check and gently separate pieces so heat distributes. Check temperature in the thickest piece with a thermometer — it must read 165°F. If not there yet, return to oven and recheck every 5 minutes.	100117
TORTILLA FLOUR ULTRGR 6"	24 Each	Place frozen veggies in pan. Place in oven or Combi Stir once or twice until hot but not mushy. Set aside.	882690
VEGETABLE MIX FAJITA CUT	48 Ounce	Lightly coat veggies with oil salt & pepper	605565

Preparation Instructions

#12 scoop

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Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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: 12.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	423.53
Fat	10.71g
Saturated Fat	6.35g
Trans Fat	0.00g
Cholesterol	87.06mg
Sodium	982.94mg
Carbohydrates	56.35g
Fiber	12.00g
Total Sugar	16.35g
Added Sugar	0.00g
Protein	29.18g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 128.00mg	Iron 3.44mg

Nutrition - Per 100g

Calories	373.48
Fat	9.44g
Saturated Fat	5.60g
Trans Fat	0.00g
Cholesterol	76.77mg
Sodium	866.79mg
Carbohydrates	49.69g
Fiber	10.58g
Total Sugar	14.42g
Added Sugar	0.00g
Protein	25.73g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 112.87mg	Iron 3.03mg