

# Cheese Quesadilla



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15481

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 8"	2 Each		882700
CHEESE AMER SHRD R/F	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950

## Preparation Instructions

### DIRECTIONS

To assemble the quesadillas:

Spray a sheet pan with pan release spray.

Place the tortillas on the sheet pans

Spread 1/2 cup of cheese on each tortilla.

Place another tortilla on top of the cheese.

Spray tops of tortillas with cooking spray to aid in browning.

Bake the quesadillas at 350 degrees F for 10 minutes or until cheese melts.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

Portion 1 quesadilla with salsa per serving. Each portion provides 2oz. eq. of meat/meat alternate, 2oz. eq. whole grains, and ¼ cup red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

Nutrition checked PR 8/20/2025

Updated 7.29.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	480.00
<b>Fat</b>	19.00g
<b>Saturated Fat</b>	11.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1234.00mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	8.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 478.00mg	<b>Iron</b> 4.00mg

## Nutrition - Per 100g

<b>Calories</b>	423.28
<b>Fat</b>	16.75g
<b>Saturated Fat</b>	9.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.46mg
<b>Sodium</b>	1088.18mg
<b>Carbohydrates</b>	56.44g
<b>Fiber</b>	7.05g
<b>Total Sugar</b>	5.29g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	21.16g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 421.52mg	<b>Iron</b> 3.53mg