

Homemade Chicken Quesadilla

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58645
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	5 Pound		100101
TORTILLA FLOUR ULTRGR 9"	40 Each		523610
SEASONING TACO SLT FR	1/2 Cup		605062
CHEESE BLND CHED/MONTRY JK SHRD	10 Cup	N/A	712131

Preparation Instructions

Thaw Chicken under refrigeration 1-2 days in advance.

1. Cook chicken in steamer until reaches temperature
2. Leave tortillas in packaging and place on parchment lined sheet pan then place in warmer for easier assembly the day of service
3. Toss the cooked chicken with taco seasoning.
4. Lay the warm tortillas out on a flat surface and place 2 ounce weight of chicken and 1/4 cup (2 oz spoodle or #16 Disher) of cheese
5. Fold tortilla over and place on to a lightly greased or parchment lined baking tray. Repeat until tray is full.
6. Bake quesadillas in preheated oven 350°F until the cheese has melted, range of 5-10 minutes.
7. Hold in warmer until ready to serve. Critical Control Point: Hold for hot service at 135 °F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	358.00
Fat	15.50g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	67.00mg
Sodium	402.00mg
Carbohydrates	31.20g
Fiber	3.30g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	23.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 242.00mg	Iron 1.74mg

Nutrition - Per 100g

Calories	631.39
Fat	27.34g
Saturated Fat	14.99g
Trans Fat	0.00g
Cholesterol	118.17mg
Sodium	709.00mg
Carbohydrates	55.03g
Fiber	5.82g
Total Sugar	3.53g
Added Sugar	0.00g
Protein	40.56g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 426.81mg	Iron 3.07mg