

# Homemade Wet Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-52890

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	3 Ounce	Thaw-- Weight-- USDA Brown Box Commodity	100117
Beans, Refried, Low sodium, canned	1/4 Cup	USDA Brown Box Commodity-- 1/4 cup	100362
SALSA 103Z	1/8 Cup	N/A	452841
CHEESE BLND CHED/MONTRY JK SHRD	1/8 Cup	N/A	712131
TORTILLA WHLWHE 10"	1 Each	N/A	456330
SAUCE ENCHILADA MILD	1 1/4 Tablespoon		598461

## Preparation Instructions

Mix chicken, beans salsa and cheese (per tortilla 3 ounce weight of chicken, 2 Tablespoons of salsa, 2 Tablespoons of Cheese, and 1/4 cup of refried beans)

Put mix into tortilla wrap it up and put in the oven - Oven temp 375°F

Cook until temp reaches 160°F

Top w enchilada sauce (1 1/4 Tablespoon per serving)

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.500
<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>	0.250
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	441.60
<b>Fat</b>	14.21g
<b>Saturated Fat</b>	6.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	78.29mg
<b>Sodium</b>	1195.38mg
<b>Carbohydrates</b>	48.63g
<b>Fiber</b>	6.50g
<b>Total Sugar</b>	4.26g
<b>Added Sugar</b>	0.99g
<b>Protein</b>	29.02g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 106.04mg	<b>Iron</b> 50.37mg

## Nutrition - Per 100g

<b>Calories</b>	438.79
<b>Fat</b>	14.12g
<b>Saturated Fat</b>	6.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.80mg
<b>Sodium</b>	1187.78mg
<b>Carbohydrates</b>	48.33g
<b>Fiber</b>	6.46g
<b>Total Sugar</b>	4.23g
<b>Added Sugar</b>	0.99g
<b>Protein</b>	28.84g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 105.37mg	<b>Iron</b> 50.05mg