

Homemade Wet Burrito

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|----------------------|-----------|-----------------------|-------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | 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

| <hr/> | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.250 |
| Grain | 2.500 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.250 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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