



000617 - QUESADILLA, CORN & GREEN CHILI

Source: CHEF V

Number of Portions: 55

Size of Portion: EACH

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
902713 CORN, CANNED, GOLDEN..... 011980 PEPPERS, CHILI, GRN, CND..... 902621 SEASONING, TACO, LOW SODIUM.....	1 #10 Can 1 #2.5 CAN 2 Tbsp	1. Preheat oven to 375 F. 2. Open corn and green chilies, and drain in colander. Transfer to a bowl or mixing container and add taco seasoning. Mix to evenly distribute seasoning.
902771 TORTILLAS, WHOLE WHEAT, 6".....	110 EACH	3. Place one tortilla on a sheet pan. Spray with buttermist and then flip over.
001209 CHEESE, MEXICAN, BLEND, RED FAT.... 118476 Buttermist food spray and pan spray.....	6 lbs + 14 ozs 1 1/8 cups + 1 tsp	4. Top tortilla with 2 oz of shredded cheese and 1/4 cup corn/green chili mixture. 5. Place another tortilla on top. Spray lightly with buttermist. Continue to build quesadillas until sheet pan is full. 6. Bake at 375 F for 7-10 minutes or until cheese is melted and tortillas are golden. *Consider cutting in half to serve. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (EACH)

Calories	369 kcal	Cholesterol	35 mg	Protein	19.97 g	Calcium	1054.78 mg	40.22%	Calories from Total Fat
Total Fat	16.47 g	Sodium	1250 mg	Vitamin A	78.8 RE	Iron	2.22 mg	20.92%	Calories from Saturated Fat
Saturated Fat	8.57 g	Carbohydrates	39.48 g	Vitamin A	393.4 IU	Water ¹	40.31 g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.67 g	Vitamin C	7.4 mg	Ash ¹	2.62 g	42.84%	Calories from Carbohydrates
								21.67%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
YES	NO	NO	NO	NO	NO	?	YES
YES = Present NO = Absent ? = Undefined							