

WI Dept of Public Instruction

Recipe: 003791 CHEESE AND BEAN QUESADILLA

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 6
Size of Portion: EACH

903517 BEANS, BLACK TURTLE, COND, DRND..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE... 011282 ONIONS, RAW..... 011215 GARLIC, RAW..... 901983 CUMIN, GROUND..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE..... 903638 TORTILLA WHOLE WHEAT 8" 44GM.....	1 3/4 CUP 1/4 CUP 2 TBSP, chopped 1 TSP 1 TSP 3/4 LB 6 EACH	*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODUCTS USED
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*Nutrients are based upon 1 Portion Size (EACH)

Calories	342 kcal	Cholesterol	32.00 mg	Protein	22.95 g	Calcium	603.55 mg	34.73%	Calories from Total Fat
Total Fat	13.21 g	Sodium	961.80 mg	Vitamin A	75.34 RE	Iron	1.69 mg	20.10%	Calories from Saturated Fat
Saturated Fat	7.65 g	Carbohydrates	33.67 g	Vitamin A	379.05 IU	Water ¹	*3.28* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	8.11 g	Vitamin C	2.53 mg	Ash ¹	*0.05* g	39.33%	Calories from Carbohydrates
								26.80%	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

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
<u>Moisture & Fat Change</u>				
Moisture Change..... 0%				
Fat Change..... 0%				
Type of Fat.....				

Production Specification

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903517	BEANS, BLACK TURTLE, CND, DRND			
I	050486	CORN, YELLOW, WHOLE KERNEL, COOKED F			
I	011282	ONIONS, RAW			
I	011215	GARLIC, RAW			
I	901983	CUMIN, GROUND			
I	050343	CHEESE, CHEDDAR, YELLOW, REDUCED FAT			
I	903638	TORTILLA WHOLE WHEAT 8" 44GM			

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