

# Cooking for Kids

## Recipe Sizing Report

000137 - Chicken Enchilada :	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 2 EACH	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
902957 Chicken, Shredded.....	13 lbs + 8 ozs	1. In large bowl, mix together chicken, cheese, beans, water, chicken stock and seasonings.
051560 Cheese, Mozzarella, Low Moisture Part Sk.....	8 lbs + 5 ozs	
051529 Beans, Black (Turtle), Low-sodium, Canne.....	4 lbs	
002020 GARLIC POWDER.....	1/4 cup	
799902 CUMIN,GROUND.....	2 Tbsp	
799989 BASE, CHICKEN, LOW SODIUM.....	3 Tbsp	
014429 WATER,MUNICIPAL.....	1 qt	
799973 TORTILLA, WHOLE WHEAT 6".....	200 TORTILLA 6"	2. Scoop 2 oz. of mixture onto each tortilla and roll the tortilla into a tube shape.
027063 SAUCE,ENCHILADA,RED,MILD,READY TO SERVE...		3. Place enchiladas, 24 to a pan, into 2-inch hotel pan and cover with 24 oz. of enchilada sauce per pan.
		4. Cover each pan with foil and bake at 350° F for 20 minutes or until the internal temperature reaches 165° F. Hold hot for service. Optional - garnish with cheese and let melt in the warmer.

\*Nutrients are based upon 1 Portion Size (2 EACH)

Calories	432 kcal	Cholesterol	78 mg	Sugars	*2.2* g	Calcium	*171.40* mg	37.17%	Calories from Total Fat
Total Fat	17.85 g	Sodium	1033 mg	Protein	29.35 g	Iron	*2.97* mg	20.37%	Calories from Saturated Fat
Saturated Fat	9.78 g	Carbohydrates	37.93 g	Vitamin A	*323.9* IU	Water <sup>1</sup>	*50.62* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	5.48 g	Vitamin C	*0.2* mg	Ash <sup>1</sup>	*0.85* g	35.10%	Calories from Carbohydrates
								27.16%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.**