

Cooking for Kids

Recipe Sizing Report

000030 - Sour Cream Chicken Enchiladas :	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 Each	Meat/Alt: 2.25 oz Grains: 1.5 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh..... 051565 8" Tortillas, Whole Grain or Whole Grain.....	9 lbs + 6 ozs 15 ozs 100 tortilla	1. Wrap approximately 1/3 c. chicken and 2 tbsp. cheese in each tortilla. Place the filled tortillas side by side on a prepared sheet pan.
006243 SOUP,CRM OF MUSHROOM,CND,PREP W/EQ VOLUM.... 001180 SOUR CREAM,FAT FREE..... 799947 PEPPERS,CHILI,GRN,CND..... 014429 WATER,MUNICIPAL.....	2 lbs + 10 ozs 1 lb + 9 ozs 8 3/8 ozs 4 cup 8 fl oz	2. Combine mushroom soup, sour cream, green chilies, water and cheese.
051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh.....	3 lbs + 12 ozs	3. Spoon the soup mixture over the enchiladas. Spread remaining cheese evenly over each pan. Cook at 350° F for 30 minutes to an internal temperature of 165° F. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1 Each)

Calories	249 kcal	Cholesterol	48 mg	Sugars	*1.4* g	Calcium	*58.09* mg	34.36%	Calories from Total Fat
Total Fat	9.50 g	Sodium	477 mg	Protein	17.94 g	Iron	*0.32* mg	16.89%	Calories from Saturated Fat
Saturated Fat	4.67 g	Carbohydrates	23.66 g	Vitamin A	*33.2* IU	Water ¹	*27.77* g	*0.02%*	Calories from Trans Fat
Trans Fat ²	*0.01* g	Dietary Fiber	2.08 g	Vitamin C	*1.7* mg	Ash ¹	*0.24* g	38.02%	Calories from Carbohydrates
								28.83%	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

² - 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.