

Cooking for Kids

Recipe Sizing Report

000175 - Chicken Bacon Ranch Quesadilla :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 051558 Cheese, Mozzarella, Lite, Shredded..... 902937 Ranch Mix..... 007974 BACON,TURKEY,LO NA.....	10 lbs 10 lbs 3 ozs 3 lbs	1. In a large bowl, mix together chicken, cheese, ranch seasoning, and bacon. Mix until all ingredients are fully mixed together. 2. Place 3 oz of mixture on each 8 inch tortilla and fold in half. Place on sheet tray with parchment, cover with foil, and bake in a 350° F (fan on low) oven for 10 minutes. Internal temperature must reach 165° F and cheese should be melted. Hold hot for service.
051565 Tortillas, Whole Grain or Whole Grain-Ri....	100 tortilla	

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

Calories	308 kcal	Cholesterol	63 mg	Sugars	1.0 g	Calcium	*41.36* mg	35.39%	Calories from Total Fat
Total Fat	12.12 g	Sodium	663 mg	Protein	25.61 g	Iron	*0.38* mg	16.37%	Calories from Saturated Fat
Saturated Fat	5.61 g	Carbohydrates	23.28 g	Vitamin A	*3.4* IU	Water ¹	*8.02* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*4.2* mg	Ash ¹	*0.40* g	30.22%	Calories from Carbohydrates
								33.24%	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.