

Cooking for Kids

Recipe Sizing Report

000462 - Chicken Enchilada CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 2 EACH	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902957 Chicken, Shredded.....	3 lbs + 6 ozs	1. In a large bowl, mix together chicken, cheese, beans, chicken stock, and seasonings.
051560 Cheese, Mozzarella, Low Moisture Part Sk.....	8 1/4 cups	
051529 Beans, Black (Turtle), Low-sodium, Canne.....	2 cups	
799989 BASE, CHICKEN, LOW SODIUM.....	2 1/4 tsp	
002020 GARLIC POWDER.....	1 Tbsp	
799902 CUMIN,GROUND.....	1/2 Tbsp	
799973 TORTILLA, WHOLE WHEAT 6".....	50 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...	5 cups	3. Place enchiladas into 2 inch hotel pan(s) or baking sheets and cover with enchilada sauce. 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 oven.

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

Calories	431 kcal	Cholesterol	78 mg	Sugars	*2.2* g	Calcium	*171.12* mg	37.05%	Calories from Total Fat
Total Fat	17.74 g	Sodium	1030 mg	Protein	29.25 g	Iron	*2.97* mg	20.27%	Calories from Saturated Fat
Saturated Fat	9.70 g	Carbohydrates	37.92 g	Vitamin A	*323.9* IU	Water ¹	*41.15* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.48 g	Vitamin C	*0.2* mg	Ash ¹	*0.84* g	35.21%	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
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.