

Cooking for Kids

Recipe Sizing Report

000133 - Chicken and Spinach Quesadilla :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 050385 OIL, VEGETABLE.....	1 lb + 4 ozs 1 1/2 ozs 3 Tbsp + 1 3/4 tsp	1. Dice onions and mince garlic. Sauté onions and garlic in oil until onions become slightly translucent and soft.
011457 SPINACH,RAW..... 799986 SALT, KOSHER.....	17 lbs + 3 ozs 2 Tbsp + 3/8 tsp	2. Add spinach in small batches and cook with salt until slightly wilted. Hold for use.
902957 Chicken, Shredded..... 051558 Cheese, Mozzarella, Lite, Shredded..... 001185 PARMESAN CHS TOPPING,FAT FREE....	7 lbs + 4 ozs 2 lbs + 2 1/3 ozs 2 7/8 ozs	3. In a large bowl, mix together chicken, mozzarella, parmesan, and spinach mixture.
051565 Tortillas, Whole Grain or Whole Grain-Ri....	100 tortilla	4. Using a #8 scoop (1/2 cup), place one scoop on each tortilla. Fold tortilla in half and bake in a 350° F oven for 10 minutes or until internal temperature reaches 165° F. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1)

Calories	221 kcal	Cholesterol	27 mg	Sugars	*1.6* g	Calcium	*125.49* mg	28.35%	Calories from Total Fat
Total Fat	6.97 g	Sodium	494 mg	Protein	15.40 g	Iron	*2.55* mg	11.63%	Calories from Saturated Fat
Saturated Fat	2.86 g	Carbohydrates	25.68 g	Vitamin A	*7292.8* IU	Water ¹	*76.43* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.81 g	Vitamin C	*22.4* mg	Ash ¹	*1.42* g	46.43%	Calories from Carbohydrates
								27.84%	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.