

Cooking for Kids

Recipe Sizing Report

000030 - Sour Cream Chicken Enchiladas :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 Each	Meat/Alt: 2.25 oz Grains: 1.5 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh..... 051565 Tortillas, Whole Grain or Whole Grain-Ri.....	4 lbs + 11 ozs 7 1/2 ozs 50 tortilla	1. Wrap approximately 1/3 cup of chicken and 2 tbsp of 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 VOLU.... 001180 SOUR CREAM,FAT FREE..... 799947 PEPPERS,CHILI,GRN,CND..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 lb + 5 ozs 12 1/2 ozs 4 1/4 ozs 2 cup	2. Combine mushroom soup, sour cream, green chilies, and water.
051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh.....	1 lb + 14 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	247 kcal	Cholesterol	48 mg	Sugars	*1.4* g	Calcium	*58.09* mg	34.29%	Calories from Total Fat
Total Fat	9.43 g	Sodium	474 mg	Protein	17.76 g	Iron	*0.31* mg	16.85%	Calories from Saturated Fat
Saturated Fat	4.63 g	Carbohydrates	23.65 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	38.23%	Calories from Carbohydrates
								28.71%	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.