

Chicken Enchiladas - CACFP

General Information

Recipe #	Category	Source
1977324	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Chicken Pulled, 65 Dark/35 White, Low Sodium, FC, 2M, 73/2.2oz, 10#, Tyson, 10460210928	6 5/8 oz.	
Cheese, mozzarella, nonfat	3/4 c., 3 tbsp., 1 1/8 tsp. shredded	
Beans, black, mature seeds, canned, low sodium	1/3 c., 1 1/3 tsp.	
Soup, chicken broth or bouillon, dry	3/8 tsp.	
Spices, garlic powder	3/8 tsp.	
Spices, cumin seed	1/4 tsp. ground	
Tortilla, Flour, 6", Whole Wheat, 24/12ct, 19.5#, 1WG, Mission, 10462	6 tortilla	
Sauce, enchilada, red, mild, ready to serve	1/2 c., 1 tbsp., 1 7/8 tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Drain beans, rinse in a colander. In a large bowl, mix together chicken, cheese (reserve 1 cup of cheese for topping), beans, chicken base and seasonings.
2. Scoop 2oz of mixture onto each tortilla and roll up into tube. Place into 2 inch hotel pans or sheet pans. Cover with enchilada sauce.
3. Cover each pan with foil and bake in a 350 degree F oven for 15 minutes. Uncover, sprinkle with 1 cup of cheese and bake for 5 minutes more or until the internal temperature reaches 165 degrees F. Hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.



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Serving Size	Yield
1 Each	6.00

Nutrition Facts

Serving Size 1 Each (117 gm)

Amount Per Serving	
Calories	181.117
% Daily Value*	
Total Fat	4.139 gm 6.367%
Saturated Fat	1.098 gm 5.492%
Trans Fat	0.001* gm
Cholesterol	27.401 mg 9.134%
Sodium	540.186 mg 22.508%
Total Carbohydrate	19.672 gm 6.557%
Dietary Fiber	3.457 gm 13.826%
Total Sugars	0.738 gm
Includes 0.000 * gm of Added Sugars	
Protein	14.744 gm 29.488%
Vitamin A	31.079* mcg RAE 3.453%
Vitamin C	0.466 mg 0.777%
Vitamin D	0.000* mcg
Calcium	251.510 mg 25.151%
Iron	1.535 mg 8.525%
Potassium	227.593* mg 4.842%
Saturated Fat % of Calories	5.458 %
Added Sugar % of Calories	0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
01-05-2026	09-18-2025

Grains1 oz

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Mission Foodservice 🇺🇸

Tyson Foods, Inc. 🇺🇸

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