

# Fremont Unified School District

**Recipe: 000933 Enchilada, Chicken**

Recipe Source:  
Recipe Group: ENTREES

**Recipe HACCP Process:**

Alternate Recipe Name:  
Number of Portions: 140  
Size of Portion: 2 each

903069 Tortilla, Corn 4.5 inches..... 902959 Chicken Diced- Tyson..... 903071 Sauce, Enchilada - Rosarita..... 118462 Shredded Mild Cheddar Cheese..... 902238 CHEESE, MOZZARELLA, LITE-COMMOD..... 110953 SOUR CREAM..... 601489 Milk 1% White - Foster Farms #134340..... 114657 PEPPER BLACK, GROUND..... 116630 CUMIN, GROUND..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R... 009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... 112404 GREEN CHILES,DICED.....	5040 GRAM 6 1/2 LB 2 1/2 # 10 can 3 LB + 2 OZ 3 LB + 2 OZ 6 LB 2 CUP 1 TBSP + 1 TSP 1/4 CUP 1/2 LB 1 1/2 CUP 2 QT	1. Reserve 1/4th of both cheeses to sprinkle the top of enchiladas. 2. Combine the chicken, cheese, sour cream, milk, cumin, green onions, olive and drained diced Green Chilis. 3. Place 2 cups of Enchilada Sauce onto bottom of steam table pan and spread out evenly. 4. Fill each tortilla with 2 oz. of filling. Roll to close and place in the steam table in two even rows (36 per pan). 5. Cover with 4 cups of sauce. 6. Sprinkle reserved Cheese on top of the enchiladas in the pans. Cover with parchment paper and foil. 7. Bake in 350 degrees oven for 35-40 minutes. 8. Hold for hot service at 135 degrees or higher.
--	--	--

\*Nutrients are based upon 1 Portion Size (2 each)

Calories	206 kcal	Cholesterol	36.21 mg	Protein	12.76 g	Calcium	315.35 mg	38.61%	Calories from Total Fat
Total Fat	8.83 g	Sodium	450.52 mg	Vitamin A	60.89 RE	Iron	1.84 mg	16.87%	Calories from Saturated Fat
Saturated Fa	3.85 g	Carbohydrate	21.81 g	Vitamin A	320.37 IU	Water <sup>1</sup>	*22.32* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.09 g	Vitamin C	4.45 mg	Ash <sup>1</sup>	*0.58* g	42.40%	Calories from Carbohydrates
								24.81%	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

<sup>1</sup> - denotes optional nutrient values

**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.**

# Fremont Unified School District

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 1.500 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.250 cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shellfish
Moisture Change 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903069	Tortilla, Corn 4.5 inches			
I	902959	Chicken Diced- Tyson			
I	903071	Sauce, Enchilada - Rosarita			
I	118462	Shredded Mild Cheddar Cheese			
I	902238	CHEESE, MOZZARELLA, LITE-COMMOD			
I	110953	SOUR CREAM			
I	601489	Milk 1% White - Foster Farms #134340			
I	114657	PEPPER BLACK, GROUND			
I	116630	CUMIN, GROUND			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	009193	OLIVES,RIPE,CND (SMALL-EXTRA LRG)			
I	112404	GREEN CHILES,DICED			

**Notes**

Production Notes:  
Each 4.5 inch Corn Tortilla weighs 18 grams.

Serving Notes:  
2 Enchiladas = 1 serving

Purchasing Guide:  
Case of 4.5 inches Corn Tortilla = 720 Tortillas

Miscellaneous Notes:

**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.**