

# Chicken Quesadilla Basket (LR100098)

HACCP Process: Process 2: Same day service  
 Allergens: Contains Milk, Soy, Wheat;  
 Meal Contribution: 3 WGR, 2 Meat/MA, 1/8 Veg-RO  
 Number of Servings: 1.00 Serving Size: 1 each quesadilla  
 Moisture gain/loss%: 0.0000 Yield: 8 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Pizza, Quesadilla Chicken Whole Grain 5 oz, The MAX, ConAgra, 77387-12700, MMA, WGR, Veg-RO SI101454	1 each quesadilla
				Sauce, Cheese, Cheddar, Trenton Farms, non-creditable SI102153	2 Ounce
				Chip, Tortilla, Yellow Round, Corn, Bulk, Barrel O' Fun, 40404, WG SI101352	1 ounces

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	39.59	7.44	46.92	15.71	3.759

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
234.93	10.333	1.943	0	8.832	604.99	27.556	2.208	2.208	9.229	0.159(M)	17.664 (M)	0(M)	0(M)	(M)	(M)

**Nutrients per serving (226.45 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
532	23.4	4.4	0	20	1370	62.4	5	5	20.9	0.36(M)	40(M)	0(M)	0(M)	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.