



825038 - Bean and Cheese Burrito

Source: K12 Culinary

Number of Portions: 49

Size of Portion: each

Components:

Meat/Alt: 2.5 oz

Grains: 1.75 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826194 Tortilla, Wheat, 8in, Mission 33824.....	49 tortilla, 8" (CN=1.75G)	Thaw tortillas at room temperature a day or two in advance of use.
050551 BEANS, CANNED, REFRIED, LOW-SODIUM.....	2 #10 can	Open cans of refried beans, cover, and place in steamer for 5 minutes to soften beans. Transfer beans to a large mixing bowl.
825022R Seasoning Blend, Bean..... 050540 SALSA, LOW-SODIUM, CANNED..... 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	2 Tbsp 1 cup 12 ozs 13 ozs	Prepare school made Bean Blend seasoning according to recipe Add 2 Tbsp. of Bean Blend seasoning, 1 cup of salsa, 12 ounces mozzarella cheese, and 13 ounces cheddar cheese to the beans. Stir well to combine. (Note: If regular refried beans are substituted for low sodium variety, omit salsa.) Place tortillas in a single layer on a clean work surface or parchment paper. Using #8 scoop, place ½ cup of packed mixture two inches from the top of the tortilla. Fold bottom of tortilla over mixture. Keeping hands pressed on the top of the tortilla, gently pull the tortilla back toward the bottom, forcing the mixture to fill the cavity. Fold in both sides about an inch, and roll into a burrito. (Note: Refer to the demonstration in the How it's Made Video for rolling burritos in the K-12 Culinary Institute Resources.) Place burrito seam-side down on parchment-lined full size sheet pan (3 across X 10 down = 30 burritos per pan). Lightly spray food release over burritos before placing in oven to prevent drying out. Bake for about 10-12 minutes. Transfer burritos to 2 inch steamtable pan; about 20 per pan. Cover and place burritos in hot holding cabinet.

		CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
		Prepare for just in time service to avoid excessive leftovers as filled burritos may become poor quality if held for long periods or reheated.

*Nutrients are based upon 1 Portion Size (each)

Calories	317	kcal	Cholesterol	18	mg	Sugars	*2.0*	g	Calcium	265.43	mg	23.18%	Calories from Total Fat
Total Fat	8.16	g	Sodium	420	mg	Protein	15.06	g	Iron	3.91	mg	9.24%	Calories from Saturated Fat
Saturated Fat	3.25	g	Carbohydrates	45.43	g	Vitamin A	229.3	IU	Water ¹	*0.03*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	9.22	g	Vitamin C	8.2	mg	Ash ¹	*0.02*	g	57.35%	Calories from Carbohydrates
												19.01%	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.