



## 825018 - Chilaquiles

Source: K12 Culinary

Number of Portions: 48

Size of Portion: each

Alternate Recipe Name: Chee-lah-KEE-less

### Components:

Meat/Alt: 2.25 oz

Grains: 2 oz

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Other

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.....	1 qt	Preheat oven to 325 F. Drain and rinse black beans. Measure 1 quart and set aside.
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 900670 CUMIN,GROUND..... 001256 YOGURT,GREEK,PLN,NONFAT..... 826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	5 lbs 2 tsp 2 cups 3 bag, 1 pound	In a large bowl or container, whisk eggs with cumin and yogurt, (Note: 5 lbs. liquid eggs = 2 qts. 2 cups).
050540 SALSA, LOW-SODIUM, CANNED.....	1 gal	Spray two (2 inch deep) full size steamtable pans with pan release. Place 24 ounces of tortilla chips and 2 quarts of salsa in each pan. Using tongs, thoroughly coat chips with salsa (chips will break and compress).
011178 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPRE.... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH.....	1 qt 1 lb + 8 ozs	Layer the remaining ingredients in the following order over each pan: -2 cups black beans -2 cups corn -1/2 of the egg mixture -12 ounces shredded cheese  Bake at 325 degrees F. with fan on low speed for 35-40 minutes. If cheese begins to darken, cover pans with foil - be sure to spray the underside of the foil with pan release to prevent sticking to cheese. <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds
826195 Tortilla, WG, 6in, Mission 33822.....	48 each, 6 in, 31gram	Place corn tortillas in warming cabinet for approximately 30 minutes. Leave in bags or place in a pan and cover with plastic wrap to prevent drying.

		<p>Allow chilaquiles to rest for 5 minutes after removing from oven; then cut each 2 inch full size steamtable pan into 24 pieces (4 x 6).</p> <p>Serve 1 slice using a metal spatula, along with 1 corn tortilla.</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>
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\*Nutrients are based upon 1 Portion Size (each)

Calories	314 kcal	Cholesterol	184 mg	Sugars	*0.6* g	Calcium	203.79 mg	38.85%	Calories from Total Fat
Total Fat	13.54 g	Sodium	406 mg	Protein	15.58 g	Iron	3.19 mg	10.59%	Calories from Saturated Fat
Saturated Fat	3.69 g	Carbohydrates	32.68 g	Vitamin A	822.7 IU	Water <sup>1</sup>	*16.54* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.78 g	Vitamin C	4.6 mg	Ash <sup>1</sup>	*0.13* g	41.69%	Calories from Carbohydrates
								19.88%	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  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.