



825013 - Enchilada Bake

Source: KI2 Culinary

Number of Portions: 96

Size of Portion: each

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Vegetable, Legumes

Whole Grain Rich

Milk

Attributes:

Ethnic Foods

Legumes

Meat/Meat Alter

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY.....	8 lbs	Thaw diced chicken in refrigerator. CCP: Hold at 41 degrees F. or lower.
050540 SALSA, LOW-SODIUM, CANNED.....	1 qt	Combine thawed chicken with 1 quart of salsa. CCP: Hold at 41 degrees F. or lower.
825025R Seasoning Blend, Southwestern..... 050548 BEANS, CANNED, KIDNEY, LOW-SODIUM..... 050551 BEANS, CANNED, REFRIED, LOW-SODIUM..... 011980 PEPPERS,CHILI,GRN,CND.....	1/3 cup 1 #10 can, drained 1 #10 can 1 lb + 10 ozs	Prepare the Southwest Seasoning Blend according to the recipe and set aside. Drain kidney beans, but do not rinse. Add drained kidney beans to a large bowl or container. Using clean gloved hands, press to mash and mix beans. Note: Beans should still have a chunky texture. Add refried beans, one can (6.5 oz.) of green chilies, and 5 tablespoons and 1 teaspoon of the school made Southwest Seasoning Blend and mix until evenly combined. (Note: store the remaining Southwest Seasoning Blend in tightly covered container for use in other recipes.)
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH... 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD.....	2 lbs 2 lbs	Combine cheeses in large bowl. CCP: Hold at 41 degrees F. or lower.

050540 SALSA, LOW-SODIUM, CANNED..... 826195 Tortilla, WG, 6in, Mission 33822.....	3 qts 96 each, 6 in, 31gram	<p>Spray four (2 inch deep) full size steamtable pan with pan release and layer ingredients in the following order into each pan:</p> <ul style="list-style-type: none"> -1 cup salsa -12 six inch tortillas (shingle to cover pan; 6 on each side) -5 cups prepared bean mixture (One-fourth of the total amount into each pan) -2 lbs. chicken mixture (One-fourth of the total amount prepared) -8 oz. (about 2 cups) shredded cheddar/mozzarella cheese blend -12 six inch tortillas -2 cups salsa -8 oz (about 2 cups). shredded cheddar/mozzarella cheese blend <p>Bake at 350 degrees F for 30-35 minutes with fan on low speed. CCP: Heat to 135° F or higher.</p>
		<p>Allow enchilada bake to rest for 5 minutes; then cut each 2 inch full size steamtable pan into 24 pieces (4 x 6) for a total of 96 portions. Cover and hold until service. Serve 1 square using a metal spatula.</p> <p>This item is best prepared and served the same day as leftovers do not re-heat well. CCP: Hold at 135° F or higher.</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	266 kcal	Cholesterol	48 mg	Sugars	*1.0* g	Calcium	227.43 mg	26.47%	Calories from Total Fat
Total Fat	7.81 g	Sodium	372 mg	Protein	22.86 g	Iron	3.14 mg	10.93%	Calories from Saturated Fat
Saturated Fat	3.23 g	Carbohydrates	26.22 g	Vitamin A	391.1 IU	Water ¹	*7.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.88 g	Vitamin C	6.6 mg	Ash ¹	*0.11* g	39.49%	Calories from Carbohydrates
								34.43%	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.