



825285 - Sweetpotato Quesadilla

Source: NC Sweetpotato

Number of Portions: 77

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 2.5 oz

Fruit:

Vegetable: 0.125 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825005 Tortilla, Wheat, 10in, Mission 10425.....	77 tortilla, 10" (CN=2,5G)	1. Thaw tortillas at room temperature overnight. Proper thawing will aid in handling the product without breaking and cracking.
011508 SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SA...	15 LBS (fresh)	2. Line 2 sheet pans with parchment paper and spray one pan with pan release. 3. Preheat oven to 375° F. 4. Place sweetpotatoes on non-sprayed sheet pan and bake for 45-50 minutes or until easily pierced with a fork. Once done, increase oven temp to 400° F. 5. Once cool enough to handle, remove peel from sweetpotatoes by cutting away each tip, cut through the skin lengthwise, and then pull away the skin from the flesh.
826811 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.....	2 #10 can	CCP: Heat to 135° F or higher. 6. Drain and rinse beans. 6. Drain and rinse beans.
002009 CHILI POWDER..... 900670 CUMIN,GROUND..... 002028 PAPRIKA..... 002031 PEPPER,RED OR CAYENNE..... 002047 SALT,TABLE.....	1/4 cup 2 Tbsp 2 Tbsp 1/2 Tbsp 1/2 Tbsp	7. Add sweetpotatoes to a large bowl. Mash until no large chunks remain. Add chili powder, cumin, paprika, cayenne, and salt. Using a spatula, mix to combine and evenly distribute spices. 8. Add beans to sweetpotatoes and gently combine - taking care not to mash the beans.
051556 Cheese, Cheddar, Yellow, Red Fat, Shredd..... 051558 Cheese, Mozzarella, Lite, Shredded.....	2 lbs 2 lbs + 13 ozs	9. In another bowl, combine cheddar and mozzarella cheeses.

		<p>10. Assemble quesadillas. Using a no. 8 scoop, place ½ cup (~4.5 oz) mashed sweet potato & bean mixture on each tortilla. Spread to cover the entire tortilla, leaving a ½" border.</p> <p>11. Top with 1 oz shredded cheese blend using a 2 oz spoodle. Fold in half. Place on sprayed parchment lined sheet pan. Spray tops of quesadillas with pan release.</p> <p>12. Bake at 400° F for 6-7 minutes. CCP: Heat to 135° F or higher.</p>
		<p>13. Serve 1 quesadilla. Recommend serving with a side of salsa and lime crema. CCP: Hold for hot service at 135° F or higher.</p> <p>CCP: No bare hand contact with ready to eat food.</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	225 kcal	Cholesterol	14 mg	Sugars	*5.8* g	Calcium	*65.33* mg	19.19%	Calories from Total Fat
Total Fat	4.79 g	Sodium	369 mg	Protein	13.86 g	Iron	*2.37* mg	12.00%	Calories from Saturated Fat
Saturated Fat	2.99 g	Carbohydrates	33.12 g	Vitamin A	*17214.5* IU	Water ¹	*67.04* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.76 g	Vitamin C	*19.5* mg	Ash ¹	*1.39* g	58.97%	Calories from Carbohydrates
								24.68%	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.