



## 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

Whole Grain Rich

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 826811 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.....	5 lbs 1 qt	Thaw eggs overnight in the refrigerator.  <b>CCP: Hold at 41° F or lower.</b>
900670 CUMIN,GROUND..... 001256 YOGURT,GREEK,PLN,NONFAT.....	2 tsp 2 cups	<b>CCP: Hold at 41° F or lower.</b> Preheat oven to 325° F. Spray two 2 inch deep full size steam table pans with food release.  Drain and rinse black beans. In a large bowl or container, whisk eggs with cumin and yogurt, (Note: 5 lb liquid eggs = 2 qt 2 cups).
826663 Tortilla Chips, WG, Bulk Frito Lay 62399..... 051495 Salsa, Low-sodium, Canned.....	3 bag, 1 pound 1 gal	Place 24 oz of tortilla chips and 2 qt 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.... 051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	1 qt 1 lb + 8 ozs	Layer the remaining ingredients in the following order over each pan: <ul style="list-style-type: none"> <li>• 2 cups black beans</li> <li>• 2 cups corn</li> <li>• 1/2 of the egg mixture (1 qt plus 1 cup per pan)</li> <li>• 12 oz shredded cheese</li> </ul> Bake at 325° 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 food release to prevent sticking to cheese. <b>CCP: Heat to 165° F or higher.</b>

826195 Tortilla, WG, 6in, Mission 33822.....	48 each, 6 in, 31 g	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.
		Allow Chilaquiles to rest for 5 minutes after removing from oven; then cut each 2 inch full size pan into 24 pieces (4 x 6). Serve 1 slice using a metal spatula, along with 1 corn tortilla. <b>CCP: Hold for hot service at 135° F or higher.</b>

\*Nutrients are based upon 1 Portion Size (each)

Calories	401	kcal	Cholesterol	186	mg	Sugars	*4.3*	g	Calcium	*118.70*	mg	36.61%	Calories from Total Fat
Total Fat	16.31	g	Sodium	515	mg	Protein	16.03	g	Iron	*3.13*	mg	12.46%	Calories from Saturated Fat
Saturated Fat	5.55	g	Carbohydrates	47.47	g	Vitamin A	*946.2*	IU	Water <sup>1</sup>	*16.54*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	7.32	g	Vitamin C	*17.3*	mg	Ash <sup>1</sup>	*0.13*	g	47.35%	Calories from Carbohydrates
												15.99%	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.