



## 825411 - Quick Breakfast Quesadillas

Source: K12 Culinary

Number of Portions: 60

Size of Portion: each

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
827194 Eggs, Scrambled, PreCkd, 84day shelf Mic..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	3 bag, 1.85 lb 1 qt	Thaw eggs and corn in refrigerator.
011282 ONIONS,RAW.....	1 lb + 2 ozs	<b>CCP: Hold at 41° F or lower.</b> Weigh, then rinse onions under running water. Cut in half, peel and mince into 1/8 inch pieces.
001260 CHEESE,CHEDDAR,RED FAT..... 001271 CHEESE,MOZZARELLA,LO MOIST,PART-SKIM,SHR.... 825026R Seasoning Blend, Taco.....	1 lb + 8 ozs 1 lb + 8 ozs 1/2 cup	Combine eggs, corn, onion, cheeses, and school made Taco Seasoning Blend
825515 Tortilla, Wheat, 8in, DonPancho79341.022.....	60 each, 1.6oz (CN=1.5G)	Using no.12 disher, portion egg mixture on tortilla - toward the top. Fold over and keeping gloved fingers on the tortilla, pull back to spread the egg and cheese over the entire tortilla. Fold in half and place on sheet pan. May use parchment paper between layers to place more tortillas on each sheet pan. Cover and freeze quesadillas for up to 1 month. One day in advance of preparation: Spray 5 sheet pans with food release. Place up to 12 frozen quesadillas on sheet pan. Store in refrigerator to thaw. <b>CCP: Hold at 41° F or lower.</b>

		<p>Day of service: Preheat convection oven to 350°F. Bake for 10 minutes until golden brown and heated through. Note: If cooking from frozen state, bake for 15 minutes.</p> <p>As an option, use this recipe to make burritos, then freeze for use another day. Place 24 burritos on each full size sheet pan. Burritos MUST be thawed one day prior to baking. Bake at 350°F for 20 minutes.</p> <p><b>CCP: Heat to 135° F or higher.</b>  <b>CCP: Hold for hot service at 135° F or higher.</b></p>
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\*Nutrients are based upon 1 Portion Size (each)

Calories	265 kcal	Cholesterol	123 mg	Sugars	*2.6* g	Calcium	239.25 mg	39.67%	Calories from Total Fat
Total Fat	11.69 g	Sodium	527 mg	Protein	13.00 g	Iron	1.91 mg	16.68%	Calories from Saturated Fat
Saturated Fat	4.92 g	Carbohydrates	26.51 g	Vitamin A	415.0 IU	Water <sup>1</sup>	*17.75* g	*0.71%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.21* g	Dietary Fiber	3.65 g	Vitamin C	1.1 mg	Ash <sup>1</sup>	*1.08* g	39.97%	Calories from Carbohydrates
								19.60%	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.