



Recipe Production

Recipe Number: FS013

Recipe Name: CHICKEN AND SPINACH QUESADILLA

Hot: Yes

Recipe Source: Project Bread

HACCP Process Category:

Same Day

Serving Description: 1 serving = 1 quesadilla

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
140	1 Each				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9006	CHICKEN THIGH STRIP COMM 30 LB	10	Pound	2	Ounce	(Unassigned)
2538	ONION YELLOW JUMBO 50 LB	1	Pound	12	Ounce	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	2	Ounce	21 1/4	Gram	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	5 1/2	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	3	TBSP			(Unassigned)
1509	CHEESE PARM 6/5 LB	4	Ounce			(Unassigned)
9018	CHEESE MOZZ FRESH SHRED 20 LB	3	Pound			(Unassigned)
2544	SPINACH BABY 4 LB	24	Pound			(Unassigned)
3542	TORTILLA 9" WG 12/12 CT	140	TORT 9"			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Project Bread "Let's Cook Healthy School Meals" Cookbook
 Chicken strips: Pilgrim's Pride #1330 FCCN Dark Meat Chicken Menu Strips with Grill Marks. 2.48 oz = 2 oz MMA
 Cooked onions yield: 78%

Preparation Instructions

Dice onions and mince garlic.
 Saute onions and garlic in oil.
 Steam spinach in steamer in small batches until just slightly wilted. Add salt to cooked spinach.
 Mix spinach, onions, garlic, cheeses, and chicken together.
 Using #8 scoop (1/2 cup), put one scoop onto tortilla.
 Fold tortilla in half and press the tortilla to spread the filling.
 Put 20 quesadillas per sheet pan.
 Bake at 350 degrees for about 10 minutes.

Serving Instructions



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	44,564.2698	174.0654	318.3162		
Saturated Fat	g	275.3754	1.0756	1.9670	5.56	
Sodium	mg	82,690.9357	322.9859	590.6495		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,323.6504	5.1701	9.4546	26.73	
Cholesterol	mg	7,734.4234	30.2102	55.2459		
Carbohydrate	g	6,303.3213	24.6204	45.0237	56.58	
Total Dietary Fiber	g	536.7465	2.0965	3.8339		
Protein	g	2,563.0701	10.0112	18.3076	23.01	
Vitamin A (RE)	RE	75,343.4613	294.2871	538.1676		
Vitamin A (IU)	IU	1,031,771.6271	4,030.0389	7,369.7973		
Vitamin C	mg	3,260.9301	12.7370	23.2924		
Calcium	mg	28,624.4225	111.8053	204.4602		
Iron	mg	676.3543	2.6418	4.8311		
Moisture	g	10,571.2816	41.2908	75.5092		*
Ash	g	235.6154	0.9203	1.6830		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
9006	CHICKEN THIGH STRIP COMM 30	1.00	(Unassigned)	10	0.12	LB	/
2538	ONION YELLOW JUMBO 50 LB	1.00	(Unassigned)	1	0.75	LB	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.17	LB	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.03	BOX (3 LB)	/
1509	CHEESE PARM 6/5 LB	1.00	(Unassigned)	0	0.25	LB	/
9018	CHEESE MOZZ FRESH SHRED 20	1.00	(Unassigned)	3	0.00	LB	/
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	24	0.00	LB	/
3542	TORTILLA 9" WG 12/12 CT	1.00	(Unassigned)	140	0.00	TORTILLA	/

REPORT CRITERIA:

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