



Recipe Production

Recipe Number: MV030

Recipe Name: ENCHILADA CHEESE K-8

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1 ENCHILADA

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 ENCHILADA				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3543	TORTILLA 6" WG 12/12 CT	100	TORT 6"			(Unassigned)
2586	POTATO SWEET YAM 40 LB	19	Pound	12 2/3	Ounce	(Unassigned)
2539	PEPPERS POBLANO 10 LB	9	Pound	10 1/8	Ounce	(Unassigned)
1516	CHEESE CHED SHRED 20 LB	8	Pound	5 1/3	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp	1/2	tsp	(Unassigned)
2500	BEANS BLACK 6/10	7	Pound	4 2/3	Ounce	(Unassigned)
SD061	SAUCE ENCHILADA	10	Pound	6 2/3	Ounce	(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

#10 can Black Beans, Drained Yield = 56%
 Sweet Potatoes Yield = 80%
 Poblano Peppers Yield = ~80%
 Dice sweet potatoes and steam.
 Roast, peel, de - seed and chop poblanos.

Preparation Instructions

Mix all ingredients together and scoop 2 oz weight into each tortilla.
 Place 16 oz sauce in bottom of hotel pan.
 Roll tortillas around filling and place 24 (3 rows of 8) into each pan.
 Top with 24 oz of sauce.
 Cover with parchment and foil.
 Send cheese on the side.

Serving Instructions

Cook at 350 degrees for 20 minutes.
 Uncover and top with cheese, cook another 10 - 15 minutes more or until cheese is melted.



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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	35,175.6685	147.2716	351.7567		
Saturated Fat	g	803.6073	3.3645	8.0361	20.56	
Sodium	mg	71,744.2564	300.3750	717.4426		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,503.6975	6.2956	15.0370	38.47	
Cholesterol	mg	3,969.0009	16.6172	39.6900		
Carbohydrate	g	4,180.1195	17.5011	41.8012	47.53	
Total Dietary Fiber	g	538.7716	2.2557	5.3877		
Protein	g	1,524.9551	6.3846	15.2496	17.34	
Vitamin A (RE)	RE	158,561.0286	663.8548	1,585.6103		
Vitamin A (IU)	IU	1,083,222.4054	4,535.1774	10,832.2241		
Vitamin C	mg	1,265.8278	5.2997	12.6583		
Calcium	mg	34,519.0011	144.5223	345.1900		
Iron	mg	228.3157	0.9559	2.2832		
Moisture	g	10,763.7762	45.0652	107.6378		*
Ash	g	312.4861	1.3083	3.1249		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3543	TORTILLA 6" WG 12/12 CT	1.00	(Unassigned)	100	0.00	TORTILLA	/
2586	POTATO SWEET YAM 40 LB	1.00	(Unassigned)	19	0.79	LB	/
2539	PEPPERS POBLANO 10 LB	1.00	(Unassigned)	9	0.63	LB	/
1516	CHEESE CHED SHRED 20 LB	1.00	(Unassigned)	8	0.33	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.02	BOX (3 LB)	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	1	0.05	CAN (111 OZ)	/
SD061	SAUCE ENCHILADA	1.00	(Unassigned)	152	0.98	1 OZ	/

REPORT CRITERIA:

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