



Recipe Production

Recipe Number: MV044

Recipe Name: QUESADILLA BEAN AND CHEESE K-8

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1/2 QUESADILLA

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
300	1/2 QUESADILLA				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9063	BEANS PINTO COMM 6/10	13	Pound	12	Ounce	(Unassigned)
1502	CHEESE CHED BULK 40 LB	18	Pound	12	Ounce	(Unassigned)
1010	SALSA MEDIUM RED 4/1 GAL	1	Gal.	3	Quart	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	10	Tbsp	2	tsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	6	TBSP			(Unassigned)
3542	TORTILLA 9" WG 12/12 CT	150	TORT 9"			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Drained canned pinto beans yield 62%

Preparation Instructions

Drain pinto beans but do not rinse.
 Combine all filling ingredients (beans, cheese, salsa, cumin, and salt) in large bowl or Hobart mixer with paddle attachment and mix well.
 Lay tortillas flat on clean work table.
 Using a #8 disher, scoop the filling on one half of each tortilla. Dip disher into water between scoops to ensure proper portioning.
 Evenly spread filling over the half to 1/2 inch from edge.
 Fold tortilla over and press to seal.
 Place quesadillas on parchment - lined sheetpans, with edges slightly overlapping.
 Cover with plastic and foil, label, date, refrigerate until transport.

Serving Instructions

Keep quesadillas refrigerated until just before service.
 Preheat oven to 350 degrees.
 Heat quesadillas until internal temperature reaches 165 degrees F. Do not heat until ready to serve - they don't take long to cook!
 Remove from oven and let rest for 5 minutes to allow cheese to set.
 Cut in half. Serving size is 1/2 quesadilla for K - 8 students.



Recipe Production

Printed: 09/17/2019 7:45 PM

Recipe Number: MV044

Recipe Name: QUESADILLA BEAN AND CHEESE K-8

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	71,307.2325	255.2746	237.6908		
Saturated Fat	g	1,796.8529	6.4326	5.9895	22.68	
Sodium	mg	161,040.4615	576.5129	536.8015		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	3,450.7419	12.3534	11.5025	43.55	
Cholesterol	mg	8,930.2410	31.9696	29.7675		
Carbohydrate	g	7,456.5233	26.6938	24.8551	41.83	
Total Dietary Fiber	g	549.2572	1.9663	1.8309		
Protein	g	3,369.2039	12.0615	11.2307	18.90	
Vitamin A (RE)	RE	28,029.7710	100.3445	93.4326		
Vitamin A (IU)	IU	107,577.5375	385.1196	358.5918		
Vitamin C	mg	802.6423	2.8734	2.6755		
Calcium	mg	72,931.9869	261.0911	243.1066		
Iron	mg	509.0608	1.8224	1.6969		
Moisture	g	3,131.1543	11.2093	10.4372		*
Ash	g	411.2096	1.4721	1.3707		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
9063	BEANS PINTO COMM 6/10	1.00	(Unassigned)	1	0.98	CAN (111 OZ)	/
1502	CHEESE CHED BULK 40 LB	1.00	(Unassigned)	18	0.75	LB	/
1010	SALSA MEDIUM RED 4/1 GAL	1.00	(Unassigned)	1	0.75	GAL	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.15	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.05	BOX (3 LB)	/
3542	TORTILLA 9" WG 12/12 CT	1.00	(Unassigned)	150	0.00	TORTILLA	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: