



Recipe Production

Recipe Number: MV045

Recipe Name: QUESADILLA BEAN AND CHEES 9-12

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1 QUESADILLA

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
75	1 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	6	Pound	14	Ounce	(Unassigned)
1502	CHEESE CHED BULK 40 LB	7	Pound	1	Ounce	(Unassigned)
1010	SALSA MEDIUM RED 4/1 GAL	3	Quart	1 1/4	Pint	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	1	Cup	5 1/3	Tbsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	3	TBSP			(Unassigned)
3542	TORTILLA 9" WG 12/12 CT	75	TORT 9"			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

yield: pinto beans 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 wrap and foil, label, date, refrigerate until transport.

Serving Instructions

Keep quesadillas in refrigerator 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 cook quickly!
 Remove from oven and let rest for minutes to allow cheese to set.
 Cut in half. Serving size is 1 quesadilla (two halves) for secondary students.



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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	31,855.3640	242.3773	424.7382		
Saturated Fat	g	678.7773	5.1646	9.0504	19.18	
Sodium	mg	75,018.3384	570.7906	1,000.2445		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,400.3084	10.6545	18.6708	39.56	
Cholesterol	mg	3,363.7237	25.5935	44.8496		
Carbohydrate	g	3,770.0490	28.6851	50.2673	47.34	
Total Dietary Fiber	g	286.1468	2.1772	3.8153		
Protein	g	1,443.2988	10.9816	19.2440	18.12	
Vitamin A (RE)	RE	11,303.6019	86.0055	150.7147		
Vitamin A (IU)	IU	44,942.4025	341.9524	599.2320		
Vitamin C	mg	422.6751	3.2160	5.6357		
Calcium	mg	29,895.3528	227.4642	398.6047		
Iron	mg	314.8640	2.3957	4.1982		
Moisture	g	1,188.2086	9.0407	15.8428		*
Ash	g	172.0666	1.3092	2.2942		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
9063	BEANS PINTO COMM 6/10	1.00	(Unassigned)	0	0.99	CAN (111 OZ)	/
1502	CHEESE CHED BULK 40 LB	1.00	(Unassigned)	7	0.06	LB	/
1010	SALSA MEDIUM RED 4/1 GAL	1.00	(Unassigned)	0	0.91	GAL	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.30	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.03	BOX (3 LB)	/
3542	TORTILLA 9" WG 12/12 CT	1.00	(Unassigned)	75	0.00	TORTILLA	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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