CHEESE QUESADILLA #001148

Ingredients

3.125# Cheese Blend
25-10' tortilla shells

Makes: 25
Prep Time:
Cooking Time:
Provides: 2M/MA 2G

Image

Condiments; Salsa, Sour Cream, Limes, Cilantro

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy	X		
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		
6.	Contains Soy	X		
7.	Vegetarian	X		

Nutrition Facts

C Cheese Quesadilla 10in

Nutrition Facts
Serving Size: 1 quesadilla
Servings per Container: 1

Amount Per Serving	
Calories: 328	Calories from Fat 151
	% Daily Value*
Total Fat 16.8g	26%
Saturated Fat 11.4g	57%
Trans Fat* 0.0g	
Cholesterol 49mg	16%
Sodium 556mg	23%
Total Carbohydrate 29.0g	10%
Dietary Fiber 3.0g	12%
Protein 16.9g	34%
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 8%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.