

School District Of Greenville County

Recipe Prep Sheet

990073 - Mushroom, Cheese, and Black Bean Enchilada

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: 1 each

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,RAW*	2 qt, chopped + 2 CUP, chopped	Preheat oven to 350°F. Heat oil in a large skillet over medium-high heat. Add chopped onion and mushrooms and sauté until soft, about 5-7 minutes. Remove from heat, stir in cumin and chili powder. Let cool slightly and stir in the black beans, Green chili, cheddar cheese, and sour cream. Stir until well blended. Spread a amount of enchilada sauce on bottom of 2" hotel pan. Divide mixture between tortillas, placing filling just off center of each tortilla. Roll tortillas into loose cylinders. Place the seam side down in a 2 " hotel pan. Pour enchilada sauce over top and sprinkle with additional cheese. Bake until bubbling and lightly browned, 20-25 minutes. Let rest for 5 minutes before serving. Garnish with chopped cilantro. One enchiladas will provide 1 serving of whole grain and 2 oz. of meat/meat alternate
903304	Oil, Canola Salad, CHEFS PRIDE SYS	1 cup	
011265	MUSHROOMS,PORTABELLA,RAW	3 qt, diced	
903541	Spice, Cumin, SYS	1 cup	
002009	CHILI POWDER	1/2 cup	
900662	Bean, Black LS, HANOVER SYS*	1 CAN #10	
990081	Cheese, Cheddar Mild RS RF Shred, CASASOL SYS*	12 LB	
900391	Sour Cream, Bulk, GLENVIEW FARMS*	1 qt + 1 CUP	
902451	Sauce, Enchilada, Casasol SYS	2 gal	
799973	TORTILLA, WHOLE WHEAT 6"	200 TORTILLA 6"	
799968	CILANTRO	8 oz	
903488	Pepper, Chili Green Fire Roasted. Casa Fi SYS	2 LB	

*Nutrients are based upon 1 Portion Size (1 each)

Calories ¹	520.531 kcal	Total Fat	27.317 g	Total Dietary Fiber	8.880 g	Vitamin C	8.081 mg	47.231% Calories from Total Fat
Saturated Fat ¹	15.194 g	Trans Fat ²	*0.000* g	Protein	22.670 g	Iron	2.652 mg	26.271% Calories from Sat Fat
Sodium ¹	891.297 mg	Cholesterol	65.986 mg	Vitamin A	1410.548 IU	Water	*23.906* g	*0.000%* Calories from Trans Fat
Sugars	*0.983* g	Carbohydrate	44.234 g	Calcium	648.632 mg	Ash	*0.220* g	33.991% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.768			17.421% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Milk	Soy	Wheat	Corn					
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.