

CHICKEN ENCHILADAS (COOKED DICED)

Yield 100

Portion 2 Enchiladas

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|---------|---------|
| 533 cal | 48 g | 44 g | 17 g | 105 mg | 1769 mg | 149 mg |

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED
 SAUCE, ENCHILADA, CANNED
 CHILI POWDER, LIGHT, GROUND
 PEPPER, RED, GROUND
 GARLIC POWDER
 CHICKEN, COOKED, DICED
 TORTILLAS, WHEAT, 6 INCH
 CHEESE, CHEDDAR, LOWFAT, SHREDDED

Weight

1/4 oz
 5 lbs
 41-1/2 lbs
 5-1/4 oz
 1 oz
 1 oz
 25 lbs
 14-1/8 lbs
 4 lbs

Measure

1/4 tsp
 3 qts 2-1/8 cup
 4 gal 3-1/2 qts
 1-1/4 cup
 1/4 cup 1-2/3 tbsp
 3-1/3 tbsp
 200 each
 1 gal

Issue

5-1/2 lbs

Method

- 1 Lightly spray kettle or stock pot with non-stick cooking spray. Stir-cook onions in a lightly sprayed steam jacketed kettle or stockpot 5 minutes or until tender, let cool.
- 2 Combine onions, 6-1/4 qt enchilada sauce, chili powder, red pepper, and garlic powder. Blend well. Gently fold in chicken; cover.
- 3 Spread 1-1/4 cup enchilada sauce in each sheet pan.
- 4 Place 1/3 cup of chicken filling in center of each tortilla. Roll tortilla tightly around filling. Place 3 rows seam-side down in each sheet pan (about 50 per pan).
- 5 Pour remaining enchilada sauce evenly over enchiladas in each pan.
- 6 Using a convection oven, bake 25 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Sprinkle 1 lb (1 qt) cheese over enchiladas in each pan. Bake 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.