

**ENCHILADAS (FROZEN)**

**Yield** 100

**Portion** 2 Enchiladas

| Calories | Carbohydrates | Protein | Fat  | Cholesterol | Sodium  | Calcium |
|----------|---------------|---------|------|-------------|---------|---------|
| 416 cal  | 37 g          | 19 g    | 22 g | 51 mg       | 1669 mg | 347 mg  |

**Ingredient**

ENCHILADAS,FROZEN  
 CHEESE,CHEDDAR,LOWFAT,SHREDDED  
 ONIONS,FRESH,CHOPPED

**Weight**

50 lbs  
 4 lbs  
 2-1/8 lbs

**Measure**

1 gal  
 1 qts 2 cup

**Issue**

2-1/3 lbs

**Method**

- 1 Follow manufacturer's directions on container for heating frozen enchiladas. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Sprinkle an equal quantity of cheese and onions over enchiladas in each sheet pan. Using a convection oven, bake 3 minutes at 300 F. on high fan, closed vent to melt cheese. CCP: Hold at 140 F. or higher for service.