

Kentucky Dept. of Education

001406 - Pollo & Pavo Fajita Flatbread

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Flatbread

Meat/Alt: 2 oz
 Grains: 2 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Corbin HS

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| 904000 Richs Whole Grain Flatbread..... 48 each 005668 GROUND TURKEY,85% LN,15% FAT,RAW..... 4 LB 904007 Chicken Tenders, raw..... 24 (1 each) 016172 REFRIED BNS,CND,FAT-FREE..... 8 CUP 011333 PEPPERS,SWEET,GREEN,RAW..... 4 medium (2-3/4" x 2-1/2") 011282 ONIONS,RAW..... 4 medium (2-1/2" dia) 904008 Cheese, Mozzarella, shredded part skim..... 12 CUP 903420 Fajita Seasoning Mix..... 16 (1 tsp dry) 001179 SOUR CREAM,LIGHT..... 8 CUP | Flatbread: Preheat oven to 350 degrees. Spray baking sheets or pizza pans with cooking spray, set aside. Cut chicken tenders into chunks and place in bowl with ground turkey. Add fajita seasoning and toss. Spray a saute pan with cooking spray, turn to medium heat. Transfer raw meat to the pan, cook for 7-9 minutes. Add sliced pepers and onions to the pan. Cook for 5 minutes until onions are clar and meat reaches internal temp of 165 degrees. Remove from heat and drain. Place flatbread on pan. spread with refried beans leaving a smal crust. Spread meat and vegetable mixture evenly across flatbreads. Add cheese. Place inoven and cook for 20 minutes. |
| 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 32 italian tomato 901062 ONIONS,RED,RAW..... 2 Medium chopped 799986 SALT, KOSHER..... 8 TSP 009160 LIME JUICE,RAW..... 1 CUP 902761 Jalapeno Peppers, seeded and minced..... 8 each 799939 GARLIC,RAW..... 4 TSP, MINCED 799968 CILANTRO..... 2 CUP, MINCED 011333 PEPPERS,SWEET,GREEN,RAW..... 8 medium (2-3/4" x 2-1/2") | Pico: Cut tomatoes in half, scoop out the center and discard. Finely chop tomatoes. Dice red onion. Chop bell pepper. Cut jalapenos in half and remove seeds. Finely mince. Chop cilantro. Add all vegetables to a bowl and toss. Add lime juice, garlic and salt. Toss until well combined. Refrigerate until ready to use. Serve: One flatbread with pico. CCP: Hold flatbreads at 135 degrees or higher for service. |

*Nutrients are based upon 1 Portion Size (Flatbread)

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|------------------------|----------|---------------|------------|-----------|-------------|--------------------|-------------|---------|-----------------------------|
| Calories | 486 kcal | Cholesterol | *40.68* mg | Sugars | *1.49* g | Calcium | *101.99* mg | 39.82% | Calories from Total Fat |
| Total Fat | 21.52 g | Sodium | 1139.34 mg | Protein | 30.16 g | Iron | *1.39* mg | 14.61% | Calories from Sat Fat |
| Saturated Fat | 7.90 g | Carbohydrate | 43.12 g | Vitamin A | *600.33* IU | Water ¹ | *165.25* g | *0.13%* | Calories from Trans Fat |
| Trans Fat ² | *0.07* g | Dietary Fiber | *3.06* g | Vitamin C | *32.79* mg | Ash ¹ | *1.76* g | 35.46% | Calories from Carbohydrates |
| | | | | | | | | 24.81% | Calories from Protein |

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 optional 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 NUTRIKIDS® 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.