## Recipe 000496 Breakfast Quesadilla

**Recipe Source:** wisd  
**Recipe Group:** BREAKFAST

### Alternate Recipe Name:

#### Number of Portions: 24  
#### Size of Portion: each

### PROCESS 2 - SAME DAY SERVICE

**PROCESS 2 - CCP:**  
- **Cook CRITICAL LIMIT:** As stated on recipe, cook to 155 or 165 degrees or higher for 15 seconds
- **PROCESS 2 - CCP:**  
  - **Hold Critical Limit:** Hold at 135 degrees or higher

### PROCESS 2 - Same Day Service

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg, Whl, Raw, Fresh</td>
<td>902836</td>
<td>17.18 Cal Maine</td>
</tr>
<tr>
<td>Milk, White, 1% Lowfat</td>
<td>902773</td>
<td>17.18 Hiland</td>
</tr>
<tr>
<td>Salt, Table/ Labatt</td>
<td>902932</td>
<td>14.15</td>
</tr>
<tr>
<td>Pepper, Black</td>
<td>902874</td>
<td>14.15</td>
</tr>
<tr>
<td>Ham, 97% Fat Free, Water-Added, Cooked, Diced...</td>
<td>051515</td>
<td></td>
</tr>
<tr>
<td>Butter Flavor Spray, Buttermist</td>
<td>902441</td>
<td>14.15</td>
</tr>
<tr>
<td>Tortilla, WG 6&quot;</td>
<td>902831</td>
<td>14.15 LS Azteca</td>
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<tr>
<td>Cheese, Cheddar, Shredded</td>
<td>902567</td>
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</tr>
<tr>
<td>Margarine, Solids</td>
<td>902776</td>
<td>17.18 Ventura 30/1lb block</td>
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</tbody>
</table>

### Instructions:

1. Crack eggs into bowl. Add milk, salt, and pepper. Whisk thoroughly.
2. Add ham and stir.
3. Pour into 2” full size steamtable pan lined with film.
4. Cover and steam 10-15 minutes or until eggs are set and internal temperature reaches 165 F.
5. With whisk, break up eggs into small chunks.
6. Cover and hold in warmer until assembly.
7. Crack eggs into bowl. Add milk, salt, and pepper. Whisk thoroughly.
8. Add ham and stir.
9. Pour into 2” full size steamtable pan lined with film.
10. Cover and steam 10-15 minutes or until eggs are set and internal temperature reaches 165 F.
11. With whisk, break up eggs into small chunks.
12. Cover and hold in warmer until assembly.

### Nutritional Information:

*Nutrients are based upon 1 Portion Size (each)

<table>
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<tr>
<th>Nutrient</th>
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<tbody>
<tr>
<td>Calories</td>
<td>902936</td>
</tr>
<tr>
<td>Protein</td>
<td>4 OZ</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>25 tortilla</td>
</tr>
<tr>
<td>Fat</td>
<td>12 OZ</td>
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### Notice:

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### Calories

- **278 kcal**
- **15.81 g** Total Fat
- **5.57 g** Saturated Fat
- **0.00 g** Trans Fat
- **15.84 g** Protein
- **17.56 g** Carbohydrates
- **2.09 g** Dietary Fiber
- **17.18 Cal** Egg, Whole, Raw, Fresh
- **14.15** Salt, Table/ Labatt
- **14.15** Pepper, Black
- **14.15** Cheese, Cheddar, Shredded LF/LS
- **14.15** Margarine, Solids, Ventura 30/1lb block

### Cholesterol

- **334.16 mg**
- **334.08 mg** Sodium
- **786.49 IU** Vitamin A
- **0.02 mg** Vitamin C
- **158.53 mg** Calcium
- **1.87 mg** Iron
- **0.01** * Water¹
- **0.00** * Ash¹

### Sugars

- **1.48 g**
- **2.09 g** Vitamin C
- **0.02 mg** Ash¹

### Calcium from Total Fat

- **51.23%**
- **18.05%** from Saturated Fat
- **25.27%** from Carbohydrates

### Allergens

- **Present**
  - Meat/Alt...............
  - Grain...................
  - Fruit....................
  - Vegetable............
  - Milk.....................
- **Absent**
  - ? - Milk
  - ? - Egg
  - ? - Peanut
  - ? - Tree Nut
  - ? - Fish
  - ? - Shellfish
  - ? - Soy
  - ? - Wheat

### Production Specification

<table>
<thead>
<tr>
<th>I/R</th>
<th>Ing #</th>
<th>Ingredient or Sub-Recipe</th>
<th>Measure</th>
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