

# ENCHILADAS AZTECA

Made with Hungry Planet Chicken™



Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.26 oz

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
<b>1</b> Vegan, chicken, Hungry Planet	~ 2 3/8 qt	4 lb 2.67 oz	4 lb 2.67 oz	Preheat oven to 425°F. Combine Hungry Planet Chicken, chili powder, cumin, kosher salt, black pepper, and garlic powder. Flatten on an oiled sheet pan and bake for 8-10 minutes. Remove dice. Reduce oven temperature to 350°F.
Spices, chili powder	~ 2 tbsp	0 lb 0.60 oz	0 lb 0.60 oz	
Spices, cumin, ground	~ 2 tbsp	0 lb 0.43 oz	0 lb 0.43 oz	
Spices, pepper, black	2 1/8 tsp	0 lb 0.17 oz	0 lb 0.17 oz	
Spices, garlic powder	~ 1 tbsp	0 lb 0.34 oz	0 lb 0.34 oz	
Sauce, enchilada, red, mild, ready to serve	2 1/3 qt	4 lb 10.08 oz	4 lb 10.08 oz	
Tortillas, ready-to-bake or -fry, corn <i>Approx 24 each 6" corn tortillas</i>	26.0 ea	0 lb 10.42 oz	0 lb 10.42 oz	
Tomato products, canned, petite diced	~ 1 1/3 qt	2 lb 9.67 oz	2 lb 9.67 oz	
Peppers, chili, green, canned	1 2/3 cup	0 lb 8.33 oz	0 lb 8.33 oz	
Vegan, cheese, nacho	~ 1 1/2 qt	3 lb 5.75 oz	3 lb 5.75 oz	

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<b>2</b>				Place 3 cups enchilada sauce in the bottom of a full size hotel pan. Cover sauce with eight tortillas followed by two cups tomato and green chilis evenly dispersed. Add ? of reserved Hungry Planet Chicken™ evenly over tomato mixture and repeat two more times. Top with cheese blend.

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
<b>3</b>				Cover very tightly with foil and bake at 350°F for 20 minutes. Remove foil and return to oven. Bake until cheese is golden brown, about 10-15 minutes. Remove from oven and allow to rest for 15 minutes before serving.

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## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 0.44 oz	0 %	16 lb 0.44 oz	0 %	16 lb 0.44 oz
Size of portion	10.26 oz		10.26 oz		10.26 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	0.42 g	19.22 %	19.49 kcal	Salt	0.45 g	
Saturated	0.06 g	2.63 %	81.56 kJ	Salt	0.45 %	Vitamins
Monounsaturated	0.06 g	2.59 %	0.08 MJ	Sodium	179.48 mg	Vitamin A
Polyunsaturated	0.16 g	7.39 %		Phosphorus	17.64 mg	Vitamin D
Trans	0.00 g	0.00 %		Potassium	47.37 mg	Thiamine
Cholesterol	0.00 mg			Iron	0.34 mg	Riboflavin
Linolenic acid	0.15 g			Calcium	7.64 mg	Niacin
Alpha-linolenic acid	9.70 mg			Zinc	0.10 mg	Vitamin B6
Carbohydrate	3.62 g	75.51 %		Magnesium	5.35 mg	Vitamin B12
Sugars	0.58 g	12.19 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	0.46 µg	Vitamin C
Lactose	0.00 g			Copper	0.02 mg	Vitamin E
Fibre	0.56 g	5.54 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				
Starch	0.61 g	12.76 %				Others
Protein	0.49 g	10.30 %				Water
Alcohol	0.00 g	0.00 %				31.45 g