

Chicken and Rice Burrito

Nutrition Facts

Servings Per Container	
Serving size	(340g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 570mg	25%
Total Carbohydrate 63g	23%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 233mg	20%
Iron 3mg	15%
Potassium 198mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS (Yield: 53 servings)

	SERVING	
1 #10 Can	2 oz	Muy Fresco Reduced Sodium Cheddar Cheese Sauce
6 lb 10 oz	2 oz	Red Bell Peppers, Frozen, Diced
13 lb 5 oz	4 oz	Long Grain Brown Rice, Cooked
6 lb 10 oz	2 oz	Chicken Breast Meat, Cooked, Diced
53 each	1 each	Whole Grain Low Sodium Tortilla Wraps (2 oz)

DIRECTIONS

- Heat cheese sauce and peppers until hot
- Scoop 4 oz rice (#8 scoop) onto each tortilla
- Add 2 oz chicken (#16 scoop)
- Top with 4 oz of cheese and pepper mixture (#8 scoop)
- Fold tortilla
- Place on sheet tray to bake for 10 minutes at 350° F
- Hold appropriately until serving

CONTRIBUTES

1/4 Cup	Red/Orange Vegetable Serving
2 oz	Meat/Meat Alternate Serving
1/4 Cup	Serving Grain

