

Enchilada Stack

No. Portions: 15
 Meat/alt: 2 oz.
 F/V/J: 0.5 Cup
 Serving Size: 1 Piece
 Grain/Bread: 2 oz.
 Milk: 0 FL OZ



INGREDIENTS

902868 Tortilla, white corn, 6in, Rudys.....30 SVG (1 TORTILLA)
 902970 Sauce, enchilada, Red Gold, Low Sodium 4 cup
 R000125 Beans, refried..... 7 1/2 cup
 902707 Cheese, Mozzarella, part skim milk, shredded..... 15 oz.
 902822 Cheese, SHRD, RF RS CHED, LOL, 25104 15 oz.

DIRECTIONS

Cut tortillas into approx. 3” strips. Place tortilla strips into a large mixing bowl.
 Add 4 cups Red Gold Enchilada sauce and coat well.
 Spray full size 4” hotel pan with oil and evenly spread HALF of the tortilla strips.
 Spread entire amount of beans over tortillas.
 Mix cheeses together. Layer HALF the cheese over beans.
 Layer with other half of tortillas on top of the beans, pour any remaining sauce on top of tortillas.
 Top with other half of cheese.
 Cover with foil and bake for 10-12 minutes.
 Take foil off and finish baking for another 6-8 minutes.
 Cut into 15 equal portions.

Calories	376 kcal	Total Fat.....	12.91 g
Cholesterol	37.20 mg	Sat Fat.....	6.75 g
Sodium	746.37 mg	Trans Fat	0.00 g
Dietary Fiber.....	5.83 g	25.72% Cals from Protein	
Iron	1.81 mg	49.59% Cals from Carb	
Calcium.....	518.49 mg	16.15% Cals from S Fat	
Vitamin A.....	882.25 IU	0.00% Cals from Trans Fat	
Vitamin C	1.03 mg	Protein	24.20 g
Carbohydrate.....	46.65 g		