

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 cups

R000125 Beans, refried, 7 ½ cup

902707 Cheese, Mozzarella, part skim milk, shredded, 15 oz

902822 Cheese, SHRD, RF RS CHED, LOL, 25104, 15 oz

INSTRUCTIONS:

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

Calories	376 kcal
Cholesterol	37.20 mg
Sodium	746.37 mg
Dietary Fiber	5.83 g
Iron	1.81 mg
Calcium.....	518.49 mg
Vitamin A.....	882.25 IU
Vitamin C	1.03 mg
Carbohydrate	46.65 g

Total Fat.....	12.91 g
Sat Fat.....	6.75 g
Trans Fat	0.00 g
25.72% Cals from Protein	
49.59% Cals from Carb	
16.15% Cals from S Fat	
0.00% Cals from Trans Fat	
Protein	24.20 g



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