

Taco Salad

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Lettuce, Taco meat, Cheese and Chips

Nutrition Information

Calories	378.74	Protein	18.89g
Fat	17.40g	SaturatedFat	6.04g
Trans Fat	0.29g	Cholesterol	49.40mg
Carbohydrates	36.12g	Fiber	5.73g
Sugar	2.00g	Sodium	485.37mg
Iron	3.28mg	Vitamin C	35.40mg
Vitamin A	5784.87IU	Calcium	211.51mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Serving	722330	TACO FILLING BEEF REDC FAT 6-5 COMM	
1 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
1 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	
15 Each	163020	CHIP TORTL RND YEL 5-1.5 KE	

Preparation Instructions