

Cookbook for CCYC

Created by HPS Menu Planner

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Taco Salad

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56540
School:	CCYC		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
yellow corn tortilla chips	64 grams	about 20 chips	163020
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
TURKEY TACO MEAT FC	2 1/2 Ounce		768230
TOMATO 6X6 LRG	1/4 Cup	diced	199001
Shredded Mild Cheddar Cheese	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
SOUR CREAM PKT	1/3 Each		745903
DRESSING FREN RED CALIF	2 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Customize this dressing by adding some honey for a sweeter taste or yogurt for a creamier taste. Create new flavorful salads or a flavorful new marinade for your burger patties.	330795
BEANS BLACK LO SOD	1/2 Cup		231981

Preparation Instructions

1. Heat the turkey taco meat and black beans, separately, until >165F
2. Place approximately 20 chips into a styrofoam clamshell, top with lettuce, taco meat, black beans, tomato and cheese.

Serve with cupped french dressing, sour cream packets and Salsa in refrigerator to hold for service at 41 ° F or cooler.

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	669.06
Fat	26.77g**
Saturated Fat	5.60g
Trans Fat	0.00g
Cholesterol	52.42mg
Sodium	842.03mg
Carbohydrates	81.46g
Fiber	12.95g
Total Sugar	10.08g
Added Sugar	5.00g
Protein	27.29g
Vitamin A 374.85mcg**	Vitamin C 6.17mg**
Calcium 219.67mg	Iron 5.22mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available