

# Taco salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49743
<b>School:</b>	Highland High School		

## Ingredients

Description	Measurement	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	722330
4-5 Lettuce Shrd 1/4	1 Pint	755173
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	150250
Red Gold Salsa, Dipping Cup, 3 Oz Each, 84/Case	1	677802
CHIP TORTL RND R/F	1 Each	662512

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.262
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.582
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	406.36
<b>Fat</b>	19.03g
<b>SaturatedFat</b>	8.14g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.45mg
<b>Sodium</b>	671.56mg
<b>Carbohydrates</b>	38.15g
<b>Fiber</b>	5.26g
<b>Sugar</b>	4.26g
<b>Protein</b>	18.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 270.55mg	<b>Iron</b> 1.85mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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No 100g Conversion Available

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