

Beef Tacos

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	2.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49696
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHELL TACO CORN WGRAIN 5IN	1 Each		714350
TORTILLA FLOUR ULTRGR 8 18-12CT	1 Each	PREPARED This is a refrigerated product that can be used directly from the bag	882700
CHEESE MONTRY JK SHRD FTHR	1/4 Cup		469947
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 TACO

Amount Per Serving	
Calories	383.10
Fat	19.13g
SaturatedFat	8.13g
Trans Fat	0.00g
Cholesterol	59.00mg
Sodium	560.70mg
Carbohydrates	30.67g
Fiber	4.67g
Sugar	3.00g
Protein	23.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 297.67mg	Iron 3.18mg

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

Nutrition - Per 100g

No 100g Conversion Available