

Chicken Soft Shell Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49179

Ingredients

Description	Measurement	Prep Instructions	DistPart #
8" Wheat Tortilla	1 Each		83137
CHIX DCD 1/2IN WHT CKD	2 Ounce		599697
CHEESE CHED SHRD R/F	1 Ounce		344721

Preparation Instructions

Add cooked chicken to shell, top with cheese and fold shell in half.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 TACO

Amount Per Serving	
Calories	272.00
Fat	8.80g
SaturatedFat	4.70g
Trans Fat	0.00g
Cholesterol	53.00mg
Sodium	387.33mg
Carbohydrates	21.80g
Fiber	2.00g
Sugar	1.00g
Protein	26.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 197.73mg	Iron 0.27mg

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

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

Nutrition - Per 100g

No 100g Conversion Available