

Fiesta Taco Filling

Servings:	1.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46356
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 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	0.000
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: 3.17 Ounce

Amount Per Serving	
Calories	113.10
Fat	4.80g
SaturatedFat	1.80g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	295.70mg
Carbohydrates	5.00g
Fiber	2.00g
Sugar	2.00g
Protein	12.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 1.98mg

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

Nutrition - Per 100g

Calories	125.85		
Fat	5.34g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	37.83mg		
Sodium	329.04mg		
Carbohydrates	5.56g		
Fiber	2.23g		
Sugar	2.23g		
Protein	14.24g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	55.64mg	Iron	2.20mg

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