

# Fiesta Taco Filling

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.17 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46356
<b>School:</b>	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

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.17 Ounce

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

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

## Nutrition - Per 100g

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

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