

# Beef Taco Meat

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50315
<b>School:</b>	Attica Jr/Sr High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	80 Pound		100158
TOMATO PASTE 26	1 #10 CAN	READY_TO_EAT Ready to use	100196
Diced Tomatoes cnd	2 #10 CAN	BAKE	100329
SEASONING TACO	1 Pint 1 Cup (3 Cup)		413429
Salsa, Low-Sodium, Canned	2 #10 CAN	READY_TO_EAT	100330
SALT IODIZED	1/2 Cup	READY_TO_EAT used to salt food	108286
SPICE PEPR BLK REST GRIND	1/4 Cup		225061
Tap Water for Recipes	1 1/2 Gallon	UNPREPARED	000001WTR

## Preparation Instructions

Brown and drain ground beef.

Add other ingredients. Heat to 165F for 15 seconds

Put into prepared pans.

CCP Hold at 135F or higher

Portion using a #10 disher which yields 3 ounces.

## Meal Components (SLE)

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 3.00 Ounce

Amount Per Serving			
<b>Calories</b>	431.18		
<b>Fat</b>	28.66g		
<b>SaturatedFat</b>	9.55g		
<b>Trans Fat</b>	4.78g		
<b>Cholesterol</b>	124.18mg		
<b>Sodium</b>	625.92mg		
<b>Carbohydrates</b>	7.91g		
<b>Fiber</b>	2.17g		
<b>Sugar</b>	4.24g		
<b>Protein</b>	34.57g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.26mg

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

## Nutrition - Per 100g

<b>Calories</b>	506.99		
<b>Fat</b>	33.69g		
<b>SaturatedFat</b>	11.23g		
<b>Trans Fat</b>	5.62g		
<b>Cholesterol</b>	146.01mg		
<b>Sodium</b>	735.96mg		
<b>Carbohydrates</b>	9.30g		
<b>Fiber</b>	2.55g		
<b>Sugar</b>	4.99g		
<b>Protein</b>	40.65g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.30mg

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