

SOFT TACO

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9454
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.	722330
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700

Preparation Instructions

Use # 16 scoop for taco meat.

Meal Components (SLE)

Amount Per Serving

Meat	1.262
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.082
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	241.36		
Fat	8.03g		
SaturatedFat	4.14g		
Trans Fat	0.00g		
Cholesterol	21.45mg		
Sodium	333.56mg		
Carbohydrates	33.15g		
Fiber	5.26g		
Sugar	3.26g		
Protein	13.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.55mg	Iron	3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available