

SEASONED BEEF STEAK ON A TORTILLA



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9913
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
BEEF STK PHLL CKD	3 Ounce		710831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.250
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: 3.00 Ounce

Amount Per Serving	
Calories	310.00
Fat	12.50g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1005.00mg
Carbohydrates	33.50g
Fiber	1.00g
Sugar	3.50g
Protein	14.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 80.00mg	Iron 3.08mg

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

Nutrition - Per 100g

Calories	364.50
Fat	14.70g
SaturatedFat	6.47g
Trans Fat	0.00g
Cholesterol	35.27mg
Sodium	1181.68mg
Carbohydrates	39.39g
Fiber	1.18g
Sugar	4.12g
Protein	17.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 94.06mg	Iron 3.62mg

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