

NACHOS WITH BEEF AND CHEESE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28279
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce		163020
TACO FILLING BEEF REDC FAT 6-5 COMM	2 1/2 Ounce		722330
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.080
Grain	2.500
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: 1.00 Each

Amount Per Serving	
Calories	384.20
Fat	17.29g
SaturatedFat	5.42g
Trans Fat	0.00g
Cholesterol	41.81mg
Sodium	478.20mg
Carbohydrates	44.44g
Fiber	5.58g
Sugar	1.58g
Protein	17.09g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.93mg	Iron 3.56mg

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

Nutrition - Per 100g

No 100g Conversion Available