

HOMEMADE BEEF TACO MEAT for TACO SALAD



Servings:	64.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43889
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	10 Pound		100158
Tap Water for Recipes	1 Pint 2/3 Cup (2 2/3 Cup)	UNPREPARED	000001WTR
ONION DEHY CHPD	2 Fluid Ounce 1 1/3 Tablespoon (5 1/3 Tablespoon)		263036
SEASONING TACO	10 2/3 Ounce		413429

Preparation Instructions

Cook ground beef until brown and the temperature is at least 155 degrees. Drain: add the rest of the ingredients and heat until the temperature returns to 155 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	167.46		
Fat	11.20g		
SaturatedFat	3.73g		
Trans Fat	1.87g		
Cholesterol	48.51mg		
Sodium	370.79mg		
Carbohydrates	2.95g		
Fiber	0.71g		
Sugar	0.70g		
Protein	13.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.39mg	Iron	0.49mg

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

Nutrition - Per 100g

Calories	295.35		
Fat	19.75g		
SaturatedFat	6.58g		
Trans Fat	3.29g		
Cholesterol	85.55mg		
Sodium	653.96mg		
Carbohydrates	5.20g		
Fiber	1.24g		
Sugar	1.23g		
Protein	24.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.69mg	Iron	0.87mg

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