

# 2 TACOS WITH HOMEMAADE TACO MEAT and CHEESE

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46548
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	2 Each		713330
Homemade Taco meat	2 Serving	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.	R-43889
CHEESE AMER SHRD R/F	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	861950

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.500
<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: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	611.32
<b>Fat</b>	30.73g
<b>SaturatedFat</b>	11.76g
<b>Trans Fat</b>	3.73g
<b>Cholesterol</b>	104.81mg
<b>Sodium</b>	1445.98mg
<b>Carbohydrates</b>	48.94g
<b>Fiber</b>	3.41g
<b>Sugar</b>	3.91g
<b>Protein</b>	37.16g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 165.66mg	<b>Iron</b> 2.98mg

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

## Nutrition - Per 100g

No 100g Conversion Available