

# Soft Shell Tacos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 TACO	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37399
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/2 Cup		722330
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012

## Preparation Instructions

Cook taco filling according to manufactures directions and hold in warmer until ready for service.

To serve student should get 1 tortilla with 1/2 cup (4 oz spoodle) of taco meat and 2 Tablespoon of shredded cheese.

Updated 3.6.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<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: 1.00 TACO

Amount Per Serving	
<b>Calories</b>	360.80
<b>Fat</b>	13.90g
<b>SaturatedFat</b>	7.40g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.33mg
<b>Sodium</b>	641.26mg
<b>Carbohydrates</b>	37.17g
<b>Fiber</b>	6.67g
<b>Sugar</b>	4.67g
<b>Protein</b>	25.57g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.66mg	<b>Iron</b> 4.64mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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