

Beef or Pork Carnitas Tacos



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22367
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	3 Gallon 1 Pint (50 Cup)	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	6 Pound 4 Ounce (100 Ounce)	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
CARNITA PORK CHPD	7 Pound 13 Ounce (125 Ounce)	This amount makes 50 servings @ 2.5 oz for a 2 oz meat serving	549412
TACO FILLING BEEF REDC FAT 6-5 COMM	9 Pound 14 1/2 Ounce (158 1/2 Ounce)	This amount make 50 servings @ 3.17 oz for a 2 oz. serving of meat.	722330
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation for beef taco meat:

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Basic Preparation for Pork Carnitas Meat:

Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.

Once meat is heated to 140 degrees or above. Hot hold until time of service. At time of service assemble two tortilla shells with meat and top with lettuce and tomato. or offer on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	321.05
Fat	12.40g
SaturatedFat	6.40g
Trans Fat	0.00g
Cholesterol	43.50mg
Sodium	329.68mg
Carbohydrates	35.00g
Fiber	5.99g
Sugar	4.83g
Protein	19.39g
Vitamin A 0.00IU	Vitamin C 0.90mg
Calcium 87.66mg	Iron 3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available