

SOFT TACO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9454
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.	722330
TORTILLA FLOUR ULTRGR 8IN	1 Each		882700

Preparation Instructions

Use # 16 scoop for taco meat.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
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		241.36	
Fat		8.03g	
SaturatedFat		4.14g	
Trans Fat*		0.00g	
Cholesterol		21.45mg	
Sodium		333.56mg	
Carbohydrates		33.15g	
Fiber		5.26g	
Sugar		3.26g	
Protein		13.08g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.55mg	Iron	3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available