

SEASONED BEEF STEAK ON A TORTILLA



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9913
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340
BEEF STK PHLL CKD	3 Ounce		710831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.250
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: 3.00 Ounce

Amount Per Serving			
Calories		310.00	
Fat		12.50g	
SaturatedFat		5.50g	
Trans Fat*		0.00g	
Cholesterol		30.00mg	
Sodium		1005.00mg	
Carbohydrates		33.50g	
Fiber		1.00g	
Sugar		3.50g	
Protein		14.50g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.08mg

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

Nutrition - Per 100g

Calories		364.50	
Fat		14.70g	
SaturatedFat		6.47g	
Trans Fat*		0.00g	
Cholesterol		35.27mg	
Sodium		1181.68mg	
Carbohydrates		39.39g	
Fiber		1.18g	
Sugar		4.12g	
Protein		17.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	94.06mg	Iron	3.62mg

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