

# TOTCHOS



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 1.00                   | Category:      | Entree           |
| Serving Size: | 1.00 Each              | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-39579          |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description                            | Measurement  | Prep Instructions  | DistPart # |
|--|--------------|--|------------|
| TACO FILLING BEEF<br>REDC FAT 6-5 COMM | 3 1/4 Ounce  | Blue scoop   | 722330     |
| POTATO TATER TOTS                      | 5 0.04 Ounce | CONVECTION<br>PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING.<br>DEEP_FRY<br>FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT.<br>DEEP FRY @ 350° F FOR 2 1<br>2 TO 3 MINUTES. | 141510     |
| SAUCE CHS CHED MILD                    | 1/4 Cup      | HEAT_AND_SERVE<br>Ready to eat. Serve at a minimum temperature of 140 °F.<br>READY_TO_EAT<br>Ready to eat. Serve at a minimum temperature of 140 °F.   | 563005     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 0.000 |
| <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>   | 1.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 248.75           |        |
| <b>Fat</b>           |         | 12.84g           |        |
| <b>SaturatedFat</b>  |         | 3.41g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 39.86mg          |        |
| <b>Sodium</b>        |         | 1004.76mg        |        |
| <b>Carbohydrates</b> |         | 19.09g           |        |
| <b>Fiber</b>         |         | 2.61g            |        |
| <b>Sugar</b>         |         | 4.61g            |        |
| <b>Protein</b>       |         | 15.24g           |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 96.86mg | <b>Iron</b>      | 2.14mg |

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

## Nutrition - Per 100g

No 100g Conversion Available