

# HOMEMADE BEEF TACO MEAT for TACO SALAD



Servings:	64.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43889
School:	Manchester High School		

## Ingredients

Description		Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	10 Pound			100158
Tap Water for Recipes	1 Pint 2/3 Cup (2 2/3 Cup)		UNPREPARED	000001WTR
ONION DEHY CHPD	2 Fluid Ounce 1 1/3 Tablespoon (5 1/3 Tablespoon)			263036
SEASONING TACO	10 2/3 Ounce			413429

## Preparation Instructions

Cook ground beef until brown and the temperature is at least 155 degrees. Drain: add the rest of the ingredients and heat until the temperature returns to 155 degrees.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	167.46		
<b>Fat</b>	11.20g		
<b>SaturatedFat</b>	3.73g		
<b>Trans Fat*</b>	1.87g		
<b>Cholesterol</b>	48.51mg		
<b>Sodium</b>	370.79mg		
<b>Carbohydrates</b>	2.95g		
<b>Fiber</b>	0.71g		
<b>Sugar</b>	0.70g		
<b>Protein</b>	13.76g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.39mg	<b>Iron</b>	0.49mg

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

## Nutrition - Per 100g

<b>Calories</b>	295.35		
<b>Fat</b>	19.75g		
<b>SaturatedFat</b>	6.58g		
<b>Trans Fat*</b>	3.29g		
<b>Cholesterol</b>	85.55mg		
<b>Sodium</b>	653.96mg		
<b>Carbohydrates</b>	5.20g		
<b>Fiber</b>	1.24g		
<b>Sugar</b>	1.23g		
<b>Protein</b>	24.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.69mg	<b>Iron</b>	0.87mg

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