

Nacho Bean Dip

Servings:	360.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22068
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD	40 Pound		674312
Beans, Refried, Low sodium, canned	4 #10 CAN		100362
Salsa, Low-Sodium, Canned	4 #10 CAN		100330
SEASONING TACO MIX	1 Pound 2 Ounce (18 Ounce)		159204
Cheese, Cheddar Reduced fat, Shredded	16 Pound		100012

Preparation Instructions

Spray 4-10B pans well.

Put 10# of beef crumbles, 1 can of refried beans, 1 can of salsa, 4 lbs of shredded cheese, and 4.5 ounce (1/2 bag) of taco seasoning in each pan.

Mix each pan of all ingredients together well.

Bake covered in 325 degree oven for 30 minutes or Steam 20 to 25 minutes uncovered top shelf. Stir and steam another 10-15 min.

Temp at 165 degrees and place in hot hold for service.

Use #8 Disher (1/2 cup) for service.

Note: 90 servings per pan

Meal Components (SLE)

Amount Per Serving

Meat	2.267
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.144
OtherVeg	0.000
Legumes	0.144
Starch	0.000

Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		201.32	
Fat		10.49g	
SaturatedFat		5.51g	
Trans Fat*		0.00g	
Cholesterol		36.44mg	
Sodium		410.87mg	
Carbohydrates		9.47g	
Fiber		2.94g	
Sugar		1.44g	
Protein		15.88g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.09mg

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

Nutrition - Per 100g

No 100g Conversion Available