

House-Made Taco Meat



Servings:	477.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15870
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	80 Pound	Brown hamburger. Cook to temp of 165 degrees. Drain water off and cool.	510599
SPICE CHILI POWDER MILD	1/2 Cup		331473
SAUCE TACO A/P	2 Gallon		222321
SALSA 103Z	1 #10 CAN	READY_TO_EAT None	452841
SEASONING FAJITA MIX	1 Package		518298

Preparation Instructions

Mix all ingredients together. Heat to 165 degrees. Make sure to cool down to 41 degrees before putting away.

Meal Components (SLE)

Amount Per Serving

Meat	2.013
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.036
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 477.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		196.42	
Fat		14.76g	
SaturatedFat		5.37g	
Trans Fat*		1.01g	
Cholesterol		53.67mg	
Sodium		197.34mg	
Carbohydrates		1.82g	
Fiber		0.00g	
Sugar		0.14g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.14mg

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

Nutrition - Per 100g

Calories		173.21	
Fat		13.02g	
SaturatedFat		4.73g	
Trans Fat*		0.89g	
Cholesterol		47.33mg	
Sodium		174.03mg	
Carbohydrates		1.61g	
Fiber		0.00g	
Sugar		0.13g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.13mg

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