

Soft Shell Tacos



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32859
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6IN	2 Each	Ready To Eat	713320
TACO FILLING BEEF REDC FAT 6-5 COMM	4 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722330

Preparation Instructions

2 oz. Taco Filling per 1 Tortilla Shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.524
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.164
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		302.71	
Fat		10.06g	
SaturatedFat		4.27g	
Trans Fat*		0.00g	
Cholesterol		42.90mg	
Sodium		693.12mg	
Carbohydrates		34.31g	
Fiber		2.52g	
Sugar		4.52g	
Protein		20.15g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	107.09mg	Iron	4.50mg

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

Nutrition - Per 100g

No 100g Conversion Available