

Crispy Beef Tacos



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
SHELL TACO CORN WGRAIN 5IN	2 Each	PRODUCT IS SHELF STABLE AND READY TO USE. BEST SERVED WARM. HEATING INSTRUCTIONS ARE TO HEAT SHELLS IN A DRY HEAT CABINET FOR 30 MINUTES AT 170°F PRIOR TO FILLINGS	714350

Preparation Instructions

2 oz. Taco Filling per 1 Tortilla Shell.

Meal Components (SLE)

Amount Per Serving

Meat	2.524
Grain	0.840
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories		242.71	
Fat		10.72g	
SaturatedFat		2.94g	
Trans Fat*		0.00g	
Cholesterol		42.90mg	
Sodium		373.12mg	
Carbohydrates		19.64g	
Fiber		3.86g	
Sugar		2.52g	
Protein		17.48g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.42mg	Iron	2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available