

# Taco Salad

Servings:	168.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-52632
School:	Wakarusa Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD	10 Pound	N/A	674312
ONION YELLOW JMBO BAG 2	1/3 Cup		570109
SEASONING TACO	1 1/8 Cup		413429
LETTUCE ROMAINE RIBBONS	16 Pound		451730
Cheese, Cheddar Reduced fat, Shredded	8 Pound		100012
BEAN KIDNEY RED DARK	1 #10 CAN	Drain and rinse in colander.	118761

## Preparation Instructions

Day before service prepare meat

Place Beef crumbles, onion, and taco seasoning in 4B pan and place in steamer 20-30 min with lid off. Once cooked cool down and place in cooler for service for the next day.

For production purposes only put 1/2 the recipe in the 4-B pan for heating. Hold meat in hot cart.

Half of recipe at a time-mix all ingredients together (meat, 8 lbs of lettuce, 4 lbs of cheese, and 1/2 can of kidney beans) by hand in large pan just before serving.

Serve with 8 oz spoodle (1 cup).

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<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: 168.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		139.84	
<b>Fat</b>		7.90g	
<b>SaturatedFat</b>		4.48g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		27.14mg	
<b>Sodium</b>		305.36mg	
<b>Carbohydrates</b>		5.94g	
<b>Fiber</b>		2.09g	
<b>Sugar</b>		1.18g	
<b>Protein</b>		12.05g	
<b>Vitamin A</b>	0.01IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	19.06mg	<b>Iron</b>	1.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available