

Beef or Pork Carnitas Tacos



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22367
School:	Middle /High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	50 Cup	6.25 # of lettuce serve 1/2 cup lettuce per taco	755826
TOMATO ROMA DCD 3/8IN	100 Ounce	Use scoop # 30 1 oz. of diced tomatoes per taco	786543
CARNITA PORK CHPD	125 Ounce	This amount makes 50 servings @ 2.5 oz for a 2 oz meat serving	549412
TACO FILLING BEEF REDC FAT 6-5 COMM	158 Ounce	This amount make 50 servings @ 3.17 oz for a 2 oz. serving of meat.	722330
TORTILLA FLOUR ULTRGR 6IN	200 Each		882690

Preparation Instructions

Thawing Instructions

THAW PRODUCT UNDER REFRIGERATION FOR 3 DAYS PRIOR TO PREPARATION.

Basic Preparation for beef taco meat:

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE of 165 F.. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Basic Preparation for Pork Carnitas Meat:

Oven: remove product from bag and pour into oven-safe container. Cover and heat at 350 degrees F for 30 minutes or until product reaches 160 degrees F. Steamer: place bag in steamer for 23-30 minutes or until product reaches 160 degrees F. Water Bath: place bag in boiling water for 25-30 minutes or until product reaches 160 degrees F.

Once meat is heated to 140 degrees or above. Hot hold until time of service. At time of service assemble two tortilla shells with meat and top with lettuce and tomato. or offer on the side.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.333
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		321.05	
Fat		12.40g	
SaturatedFat		6.40g	
Trans Fat*		0.00g	
Cholesterol		43.50mg	
Sodium		329.68mg	
Carbohydrates		35.00g	
Fiber		5.99g	
Sugar		4.83g	
Protein		19.39g	
Vitamin A	0.00IU	Vitamin C	0.90mg
Calcium	87.66mg	Iron	3.38mg

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

Nutrition - Per 100g

No 100g Conversion Available