

# Real Beef Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 TACO	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48984

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLAS, WHOLE GRAIN	1 Each	READY_TO_EAT REMOVE FROM FREEZER THAW TO SERVE	110394
BEEF CRMBL CKD W/SPP 4-10#	2 Ounce		821271
SEASONING TACO MIX	1/7 Ounce		159204
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Ounce		100012

## Preparation Instructions

Heat meat to 165, add seasoning and water according to seasoning directions. Mix well and place 2.3oz (heavy 1/4c) into shell, add cheese and fold shell in half.

### Meal Components (SLE)

Amount Per Serving	
Meat	3.000
Grain	1.500
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: 1.00 TACO			
Amount Per Serving			
Calories		353.92	
Fat		17.00g	
SaturatedFat		9.50g	
Trans Fat*		0.00g	
Cholesterol		64.00mg	
Sodium		876.21mg	
Carbohydrates		27.98g	
Fiber		4.99g	
Sugar		1.00g	
Protein		22.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

## Nutrition - Per 100g

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No 100g Conversion Available

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