

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

Amount Per Serving

Meat/Meat Alternate	2.524
Grain	0.840
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	243.85		
Fat	10.98g		
Saturated Fat	2.94g		
Trans Fat	0.00g		
Cholesterol	42.90mg		
Sodium	373.50mg		
Carbohydrates	19.64g		
Fiber	3.86g		
Total Sugar	2.52g		
Added Sugar	0.00g		
Protein	17.74g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.12mg	Iron	1.26mg

Nutrition - Per 100g

No 100g Conversion Available