

Soft Shell Tacos



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32859
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 6IN	2 Each	Ready To Eat	713320
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

Preparation Instructions

2 oz. Taco Filling per 1 Tortilla Shell.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.524
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.164
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	303.85
Fat	10.31g
Saturated Fat	4.27g
Trans Fat	0.00g
Cholesterol	42.90mg
Sodium	693.50mg
Carbohydrates	34.31g
Fiber	2.52g
Total Sugar	4.52g
Added Sugar	2.00g
Protein	20.40g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 100.78mg	Iron 3.26mg

Nutrition - Per 100g

No 100g Conversion Available