

# Crispy Beef Tacos



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

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

## Nutrition - Per 100g

No 100g Conversion Available