

# Taco Salad

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56540
<b>School:</b>	CCYC		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
yellow corn tortilla chips	64 grams	about 20 chips	163020
LETTUCE ROMAINE RIBBONS	1 1/2 Cup		451730
TURKEY TACO MEAT FC	2 1/2 Ounce		768230
TOMATO 6X6 LRG	1/4 Cup	diced	199001
Shredded Mild Cheddar Cheese	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
SOUR CREAM PKT	1/3 Each		745903
DRESSING FREN RED CALIF	2 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Customize this dressing by adding some honey for a sweeter taste or yogurt for a creamier taste. Create new flavorful salads or a flavorful new marinade for your burger patties.	330795
BEANS BLACK LO SOD	1/2 Cup		231981

## Preparation Instructions

1. Heat the turkey taco meat and black beans, separately, until >165F
2. Place approximately 20 chips into a styrofoam clamshell, top with lettuce, taco meat, black beans, tomato and cheese.

Serve with cupped french dressing, sour cream packets and Salsa in refrigerator to hold for service at 41 ° F or cooler.

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	669.06
<b>Fat</b>	26.77g**
<b>Saturated Fat</b>	5.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.42mg
<b>Sodium</b>	842.03mg
<b>Carbohydrates</b>	81.46g
<b>Fiber</b>	12.95g
<b>Total Sugar</b>	10.08g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	27.29g
<b>Vitamin A</b> 374.85mcg**	<b>Vitamin C</b> 6.17mg**
<b>Calcium</b> 219.67mg	<b>Iron</b> 5.22mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available