

# Taco Salad

<b>Servings:</b>	1.00	<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-57441
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	2 Cup		451730
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Weight or #10 Dish or 3/8 cup	722330
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 Tablespoon	USDA Brown Box Commodity	100012
CHIP TORTL RND R/F	1 Each	N/A	662512
SALSA CUP	1 Each	N/A	677802
SOUR CREAM PKT	1 Each		745903

## Preparation Instructions

Place lettuce in box. Arrange remaining ingredients.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	1.000
<b>Red/Orange</b>	0.500
<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: 1.00 Each

Amount Per Serving	
<b>Calories</b>	490.80
<b>Fat</b>	21.50g
<b>Saturated Fat</b>	9.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	69.00mg
<b>Sodium</b>	814.00mg
<b>Carbohydrates</b>	39.75g
<b>Fiber</b>	8.00g
<b>Total Sugar</b>	8.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	24.25g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 147.00mg	<b>Iron</b> 1.60mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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