

# Fiesta Taco Filling

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.17 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46356
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	BOIL KEEP FROZENPlace 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

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.130
<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: 3.17 Ounce

Amount Per Serving	
<b>Calories</b>	114.00
<b>Fat</b>	5.00g
<b>Saturated Fat</b>	1.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.00mg
<b>Sodium</b>	296.00mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 1.00mg

## Nutrition - Per 100g

<b>Calories</b>	126.85
<b>Fat</b>	5.56g
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.83mg
<b>Sodium</b>	329.37mg
<b>Carbohydrates</b>	5.56g
<b>Fiber</b>	2.23g
<b>Total Sugar</b>	2.23g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	14.47g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.07mg	<b>Iron</b> 1.11mg