

Taco-Beef

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52712
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHELL TACO CORN WGRAIN 5IN	1 Each		714350
TACO FILLING BEEF REDC FAT 6-5 COMM	3 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
CHEESE CHED MLD SHRD FTHR	1 Ounce		411841

Preparation Instructions

Basic Preparation

PLACE SEALED BAGS IN A STEAMER OR IN BOILING WATER. HEAT APPROXIMATELY 30 MINUTES OR UNTIL PRODUCT REACHES SERVING TEMPERATURE. AVOID OVERLOADING KETTLES WHERE BAGS CAN BE TRAPPED AGAINST SIDE OF KETTLE OR POT. OPEN BAG WITH CAUTION AS IT WILL BE HOT.

Place beef in taco

Serve 1 oz cheese in cups

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	212.89
Fat	11.57g
Saturated Fat	4.54g
Trans Fat	0.00g
Cholesterol	47.18mg
Sodium	375.13mg
Carbohydrates	11.90g
Fiber	2.56g
Total Sugar	1.89g
Added Sugar	0.00g
Protein	15.97g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 149.75mg	Iron 0.95mg

Nutrition - Per 100g

No 100g Conversion Available