

# USDA Ground Beef -Taco or other with seasoning



<b>Servings:</b>	236.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54788

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	40 Pound	The USDA recommends cooking ground beef to a safe minimum internal temperature of 160°F (71.1°C) to destroy harmful bacteria. Use a food thermometer to ensure the beef reaches this temperature throughout, not just on the surface.	100158

## Preparation Instructions

What is the Best Way to Thaw Ground Beef?

The best way to safely thaw ground beef is in the refrigerator. Keeping meat cold while it is defrosting is essential to prevent the growth of bacteria. Cook or refreeze within 1 or 2 days.

To defrost ground beef more rapidly, you can defrost in the microwave oven or in cold water. If using the microwave, cook the ground beef immediately because some areas may begin to cook during the defrosting. To defrost in cold water, put the meat in a watertight plastic bag and submerge. Change the water every 30 minutes. Cook immediately. Do not refreeze raw ground meat thawed in cold water or in the microwave oven unless you cook it first.

Never leave ground beef or any perishable food out at room temperature for more than 2 hours or 1 hour at 90 degrees F and above.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.024
<b>Grain</b>	0.000
<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: 236.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	165.95		
<b>Fat</b>	12.14g		
<b>Saturated Fat</b>	4.05g		
<b>Trans Fat</b>	2.02g		
<b>Cholesterol</b>	52.62mg		
<b>Sodium</b>	50.59mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	14.17g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

## Nutrition - Per 100g

<b>Calories</b>	292.69		
<b>Fat</b>	21.42g		
<b>Saturated Fat</b>	7.14g		
<b>Trans Fat</b>	3.57g		
<b>Cholesterol</b>	92.80mg		
<b>Sodium</b>	89.23mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	24.99g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg