

Taco Meat



Servings:	56.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55902
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
85/15 Ground Beef, Frozen	10 Pound		100158
SEASONING TACO MIX	1 Package		159204

Preparation Instructions

Cook 10# beef 165F (20% fat) drain excess fat- add 1 package of taco seasoning and 1 1/2 quart water -blend thoroughly- simmer 25-30 minutes

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 56.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	186.23
Fat	12.79g
Saturated Fat	4.26g
Trans Fat	2.13g
Cholesterol	55.44mg
Sodium	315.24mg
Carbohydrates	2.28g
Fiber	1.14g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	14.93g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.41mg

Nutrition - Per 100g

Calories	328.45
Fat	22.56g
Saturated Fat	7.52g
Trans Fat	3.76g
Cholesterol	97.77mg
Sodium	555.99mg
Carbohydrates	4.02g
Fiber	2.01g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	26.32g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.72mg