

Crispitos-Beef

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56026
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 8IN	1 Each		713330
Shredded Cheddar Cheese	2 Ounce		100003
85/15 Ground Beef, Frozen	2 Ounce	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	100158
SEASONING TACO MIX	1/4 Teaspoon		159204

Preparation Instructions

1. Put cooked seasoned beef, cheese in wrap and roll up- lightly butter the top to add crisp to shell
2. Bake in a convection oven at 375°F for 8 minutes. Till have a nice golden color. Heat to internal temp of 165°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
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 Serving

Amount Per Serving	
Calories	464.89
Fat	29.96g
Saturated Fat	16.49g
Trans Fat	1.49g
Cholesterol	98.81mg
Sodium	704.81mg
Carbohydrates	21.50g
Fiber	1.25g
Total Sugar	1.00g
Added Sugar	1.00g
Protein	25.45g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 32.00mg	Iron 1.09mg

Nutrition - Per 100g

No 100g Conversion Available