

# Fiesta Bar

NO IMAGE

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44284

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS JALAP SLCD	4 Each		499943
SALSA 103Z	2 Ounce		452841
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
SAUCE CHS QUESO BLANCO FZ	2 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.	722110
CHIP TORTL RND R/F	1 Each		662512
BEANS BLACK LO SOD	2 Ounce		231981
SOUR CREAM L/F	1 Ounce		534331
Diced Chicken	2 Ounce	40lb case = 320/2oz servings	R-46517
Shredded lettuce	2 Ounce		00701
Fresh Diced Tomatoes	1 Ounce	READY_TO_EAT Keep chilled until ready to serve	16P45
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each		713340

Description	Measurement	Prep Instructions	DistPart #
101031 USDA Foods Rice, Brown, Long-Grain, Parboiled	1/4 Cup	If student wants rice bowl w/o chips or shells -give 1 cup rice to equal 2Grain equivalent	516371

## Preparation Instructions

Diced Chicken 40 # box yields 320/2oz portion  
 Queso 30# case yields 240/ 2oz portion  
 Taco Beef JTM 30# box yields 151/3.17oz portion  
 Commodity Beef 40# box yields 320/2oz portion  
 Salsa #10 can yield 51.5=2oz portion

### Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.500
Starchy	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	445.31		
Fat	10.37g		
Saturated Fat	3.97g		
Trans Fat	0.00g		
Cholesterol	36.67mg		
Sodium	706.11mg		
Carbohydrates	59.76g		
Fiber	10.29g		
Total Sugar	3.78g		
Added Sugar	0.78g**		
Protein	24.57g		
Vitamin A	66.67mcg	Vitamin C	0.00mg
Calcium	238.33mg	Iron	4.21mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

### Nutrition - Per 100g

No 100g Conversion Available