

# Taco Meat

<b>Servings:</b>	230.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57786
<b>School:</b>	Tri-County Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	45 Pound		100158
SEASONING TACO MIX	4 1/2 Package		159204
Water	2 1/2 Gallon		Water

## Preparation Instructions

1. Cook meat and drain excess fat.
2. Add taco seasoning mix and water.
3. Bring to boil. Reduce heat and simmer 15 minutes stirring occasionally.
4. Weigh 2.0 oz. meat to determine appropriate scoop and portion cup for serving. Should be about 3/8 cup (#10 scoop) = 2.0 oz. weight.

### Meal Components

Amount Per Serving

Meat/Meat Alternate	Amount
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: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	204.04		
<b>Fat</b>	14.02g		
<b>Saturated Fat</b>	4.67g		
<b>Trans Fat</b>	2.34g		
<b>Cholesterol</b>	60.74mg		
<b>Sodium</b>	345.39mg		
<b>Carbohydrates</b>	2.50g		
<b>Fiber</b>	1.25g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	16.35g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.45mg

## Nutrition - Per 100g

<b>Calories</b>	229.93		
<b>Fat</b>	15.80g		
<b>Saturated Fat</b>	5.27g		
<b>Trans Fat</b>	2.63g		
<b>Cholesterol</b>	68.45mg		
<b>Sodium</b>	389.22mg		
<b>Carbohydrates</b>	2.81g		
<b>Fiber</b>	1.41g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	18.43g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.51mg