

Taco Meat

Servings:	230.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57786
School:	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	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			
Calories	204.04		
Fat	14.02g		
Saturated Fat	4.67g		
Trans Fat	2.34g		
Cholesterol	60.74mg		
Sodium	345.39mg		
Carbohydrates	2.50g		
Fiber	1.25g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	16.35g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.45mg

Nutrition - Per 100g

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