

Chicken Taco Meat

NO IMAGE

Servings:	200.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57842
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	25 Pound		100101
SEASONING TACO MIX	2 1/2 Package		159204
Water	12 1/2 Cup	READY_TO_DRINK	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.

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: 200.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	79.97
Fat	2.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	42.00mg
Sodium	239.35mg
Carbohydrates	1.59g
Fiber	0.80g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	12.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.29mg

Nutrition - Per 100g

Calories	141.04
Fat	3.53g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	74.07mg
Sodium	422.14mg
Carbohydrates	2.81g
Fiber	1.41g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.16g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.51mg