

Beef Taco Meat

| | | | |
|----------------------|--------------------------------|-----------------------|-------------------|
| Servings: | 119.00 | Category: | Entree |
| Serving Size: | 2.00 Ounce | HACCP Process: | Complex Food Prep |
| Meal Type: | Lunch | Recipe ID: | R-57865 |
| School: | Tri-County Jr./Sr. High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|---------------|-------------------|------------|
| Beef, Fine Ground 85/15, Frozen | 20 Pound | | 100158 |
| ONION DEHY CHPD | 10 Tablespoon | | 263036 |
| SEASONING TACO MIX | 2 1/2 Package | | 159204 |
| Water | 11 1/2 Cup | READY_TO_DRINK | Water |

Preparation Instructions

1. Cook meat with onion 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: 119.00

Serving Size: 2.00 Ounce

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 178.95 |
| Fat | 12.04g |
| Saturated Fat | 4.01g |
| Trans Fat | 2.01g |
| Cholesterol | 52.18mg |
| Sodium | 358.66mg |
| Carbohydrates | 2.93g |
| Fiber | 1.37g |
| Total Sugar | 0.02g |
| Added Sugar | 0.00g |
| Protein | 14.07g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 0.40mg | Iron 0.49mg |

Nutrition - Per 100g

| | |
|--------------------------|-------------------------|
| Calories | 233.82 |
| Fat | 15.74g |
| Saturated Fat | 5.24g |
| Trans Fat | 2.62g |
| Cholesterol | 68.18mg |
| Sodium | 468.66mg |
| Carbohydrates | 3.83g |
| Fiber | 1.79g |
| Total Sugar | 0.03g |
| Added Sugar | 0.00g |
| Protein | 18.39g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 0.52mg | Iron 0.64mg |