

Beef Soft Tacos (from scratch)



Servings:	40.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57816
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6"	80 Each	75= 6 pkgs + 3	882690
CHEESE CHED MLD SHRD 4-5 LOL	5 Pound	Use Commodity Cheese!! Preshredded. Use cold or melted	150250
85/15 Ground Beef, Frozen	10 Pound		100158

Preparation Instructions

1. Cook and season ground beef according to Ground Beef (from scratch) recipe.

CCP: Hold at or above 135F until service time.

To assemble: Use a #12 scoop of taco meat into one taco shell, and 1 T (0.5 oz) cheese.

Serve two tacos for 1 serving.

May hold assembled tacos in a well, do not wrap or boat to serve.

Serve with sour cream packets and commodity salsa on the side as options.

Meal Components

Amount Per Serving

Meat/Meat Alternate	5.018
Grain	2.000
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: 40.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	648.44
Fat	42.21g
Saturated Fat	22.17g
Trans Fat	2.99g
Cholesterol	138.61mg
Sodium	610.96mg
Carbohydrates	32.03g
Fiber	4.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	37.10g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 452.64mg	Iron 2.00mg

Nutrition - Per 100g

Calories	381.24
Fat	24.82g
Saturated Fat	13.03g
Trans Fat	1.75g
Cholesterol	81.49mg
Sodium	359.20mg
Carbohydrates	18.83g
Fiber	2.35g
Total Sugar	1.18g
Added Sugar	0.00g
Protein	21.81g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 266.12mg	Iron 1.18mg