

# Beef & Cheese Nachos (scratch)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57811
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce	2 oz = about 20 chips	163020
SAUCE CHS ULTIM JALAP POU6-106Z LOL	3 Ounce		310744
SOUR CREAM PKT	1 Each		745903
Salsa, Low-Sodium, Canned	1/2 Cup	READY_TO_EAT	100330
85/15 Ground Beef, Frozen	3 Ounce		100158

## Preparation Instructions

Cook and season ground beef according to the Ground Beef (from scratch) Recipe.

Assemble 2 oz chips (about 20 chips) in a boat.

Just before serving, scoop 3 oz taco meat on top and then add 3 oz cheese sauce.

Offer sour cream and commodity salsa on the side as optional.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.235
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	722.78
<b>Fat</b>	41.38g
<b>Saturated Fat</b>	16.95g
<b>Trans Fat</b>	2.24g
<b>Cholesterol</b>	118.05mg
<b>Sodium</b>	933.65mg
<b>Carbohydrates</b>	54.98g
<b>Fiber</b>	9.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	30.63g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 412.73mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

<b>Calories</b>	318.70
<b>Fat</b>	18.24g
<b>Saturated Fat</b>	7.47g
<b>Trans Fat</b>	0.99g
<b>Cholesterol</b>	52.05mg
<b>Sodium</b>	411.68mg
<b>Carbohydrates</b>	24.24g
<b>Fiber</b>	3.97g
<b>Total Sugar</b>	2.20g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	13.51g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 181.99mg	<b>Iron</b> 0.88mg