

# Beef Soft Tacos (from scratch)



<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57816
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	5.018
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Each

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

## Nutrition - Per 100g

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