

Taco Salad w/ tortilla chips (elem)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	USE COMMODITY SHREDDED CHEESE WHENEVER POSSIBLE	150250
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	Thaw product under refrigeration approx 2 days	722330
CHIP TORTL RND YEL	2 Ounce	Weigh out 1 ounce to get number of chips per ounce. Serve 2 oz chips on side directly on tray.	163020
SOUR CREAM PKT	1 Each		745903
SAUCE TACO MILD PKT	1 Each		192007

Description	Measurement	Prep Instructions	DistPart #
Salsa, Low-Sodium, Canned	1/4 Cup	Commodity Salsa only	100330

Preparation Instructions

1. Portion romaine lettuce into the bottom of a bowl. Use Earthchoice bowl #688490.
2. Add 2 oz shredded cheddar cheese.

CCP: Hold for cold service at 40F until ready to serve.

4. Prepare taco meat according to package direction.

CCP: Hold for hot service at 140F or above.

To Serve:

5. Add #12 Scoop of taco meat to boat with lettuce and cheese.

6. Serve with 2 oz of chips on the side, directly onto tray.

1 commodity salsa cup, 1 sour cream packet, and taco sauce are optional, place available for self service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.050
Grain	2.500
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	671.88
Fat	37.13g
Saturated Fat	18.35g
Trans Fat	0.00g
Cholesterol	114.86mg
Sodium	983.47mg
Carbohydrates	55.13g
Fiber	10.05g
Total Sugar	6.05g
Added Sugar	0.00g
Protein	31.33g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 557.14mg	Iron 3.03mg

Nutrition - Per 100g

Calories	326.88		
Fat	18.06g		
Saturated Fat	8.93g		
Trans Fat	0.00g		
Cholesterol	55.88mg		
Sodium	478.48mg		
Carbohydrates	26.82g		
Fiber	4.89g		
Total Sugar	2.94g		
Added Sugar	0.00g		
Protein	15.24g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	271.06mg	Iron	1.47mg