

# Beef Taco Meat

NO IMAGE

<b>Servings:</b>	119.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57865
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<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: 119.00

Serving Size: 2.00 Ounce

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

## Nutrition - Per 100g

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