

Beef Taco Meat

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

Meat/Meat Alternate	2.000
Grain	0.000
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: 119.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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