

# Beef Taco Meat

<b>Servings:</b>	230.00	<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-57786
<b>School:</b>	Tri-County Intermediate School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	45 Pound		100158
SEASONING TACO MIX	4 1/2 Package		159204
Water	22 1/2 Cup	READY_TO_DRINK	Water

## Preparation Instructions

1. Cook meat 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: 230.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	204.04
<b>Fat</b>	14.02g
<b>Saturated Fat</b>	4.67g
<b>Trans Fat</b>	2.34g
<b>Cholesterol</b>	60.74mg
<b>Sodium</b>	345.39mg
<b>Carbohydrates</b>	2.50g
<b>Fiber</b>	1.25g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.35g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.45mg

## Nutrition - Per 100g

<b>Calories</b>	229.93
<b>Fat</b>	15.80g
<b>Saturated Fat</b>	5.27g
<b>Trans Fat</b>	2.63g
<b>Cholesterol</b>	68.45mg
<b>Sodium</b>	389.22mg
<b>Carbohydrates</b>	2.81g
<b>Fiber</b>	1.41g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.43g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.51mg