

Totcho / Chicken meet

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-54974

Ingredients

Description	Measurement	Prep Instructions	DistPart #
diced chicken	4 Ounce		110530
SEASONING TACO SLT FR	1 Teaspoon		605062

Preparation Instructions

Combine chicken and seasoning:

Place cooked diced chicken into a large stockpot or tilt skillet.

In a separate container, mix taco seasoning with water until blended (follow seasoning directions for exact ratio).

Pour seasoning mixture over chicken.

Stir to coat chicken evenly.

Heat on medium until the mixture reaches 165°F. Stir often to prevent sticking.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.000
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: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	150.00
Fat	8.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	130.00mg
Carbohydrates	82.00g
Fiber	0.50g
Total Sugar	0.00g
Added Sugar	0.00g**
Protein	24.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.50mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	132.28
Fat	7.05g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	70.55mg
Sodium	114.64mg
Carbohydrates	72.31g
Fiber	0.44g
Total Sugar	0.00g
Added Sugar	0.00g**
Protein	21.16g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.44mg

**One or more nutritional components are missing from at least one item on this recipe.