

Taco Bowl

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46877 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|---|------------|
| Homemade Taco Meat | 1/2 Serving | Brown meat and drain excess fat. Add 7.5 cups of water and 2.25 cups of Taco Seasoning. Simmer 10-15 mins. Use Commodity ground beef in warehouse when available 101158 | R-29425 |
| RICE BRN MEXICAN WGRAIN | 3/4 Cup | | 576280 |
| CHEESE CHED REDC FAT SHRD 6-5 COMM | 1 Ounce | | 448010 |
| CHEESE MOZZ SHRD 30 COMM | 1 Ounce | | 150620 |

Preparation Instructions

1. prepare taco meat
 2. prepare rice according to manufactures directions
 3. in an 8 oz paper tray add 3/4 c rice to one side of the boat, then add 4 oz of taco meat on the other side next to the rice not on top.
 4. add 2 oz mixed ched and mozz blend cheese on top of bowl.
- paper bowl number-537263

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 1.500 |
| 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: 1.00 Serving

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 717.88 |
| Fat | 41.17g |
| Saturated Fat | 19.91g |
| Trans Fat | 1.82g |
| Cholesterol | 135.91mg |
| Sodium | 720.15mg |
| Carbohydrates | 40.77g |
| Fiber | 3.32g |
| Total Sugar | 1.00g |
| Added Sugar | 0.00g** |
| Protein | 44.45g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 4.54mg |

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

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 703.39 |
| Fat | 40.34g |
| Saturated Fat | 19.51g |
| Trans Fat | 1.78g |
| Cholesterol | 133.17mg |
| Sodium | 705.62mg |
| Carbohydrates | 39.95g |
| Fiber | 3.25g |
| Total Sugar | 0.98g |
| Added Sugar | 0.00g** |
| Protein | 43.56g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 29.39mg | Iron 4.45mg |

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