

Taco Bowl



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.