

Nacho Bar Beef

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-48332
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHIP TORTL RND YEL	1 3/5 Ounce		163020
SAUCE CHS ULTIM YEL POU 6-106Z LOL	1/2 Ounce		310668

Preparation Instructions

Taco filling:

Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

Cheese sauce:

Heat in steamer (covered).

Assembly: Place 2oz chips in 2# food boat. Top with 3.5oz taco filling and 2oz cheese.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.100
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	517.87
Fat	26.72g
Saturated Fat	11.79g
Trans Fat	0.00g
Cholesterol	77.54mg
Sodium	1026.81mg
Carbohydrates	43.52g
Fiber	5.41g
Total Sugar	2.21g
Added Sugar	0.00g
Protein	27.55g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 426.48mg	Iron 2.70mg

Nutrition - Per 100g

Calories	326.20
Fat	16.83g
Saturated Fat	7.42g
Trans Fat	0.00g
Cholesterol	48.84mg
Sodium	646.77mg
Carbohydrates	27.41g
Fiber	3.41g
Total Sugar	1.39g
Added Sugar	0.00g
Protein	17.36g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 268.63mg	Iron 1.70mg