

Chicken Taco HS

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56367
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	3 1/2 Ounce		860390
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
TORTILLA FLOUR 6IN	2 Each		713320

Preparation Instructions

Assembly: Serve 2 - 6" tortilla, 3.5 oz chicken, .5oz cheese.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
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: 1.00 Each

Amount Per Serving	
Calories	350.83
Fat	14.42g
Saturated Fat	5.83g
Trans Fat	0.00g
Cholesterol	100.83mg
Sodium	834.17mg
Carbohydrates	30.58g
Fiber	0.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	25.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 110.08mg	Iron 3.17mg

Nutrition - Per 100g

Calories	309.38
Fat	12.71g
Saturated Fat	5.14g
Trans Fat	0.00g
Cholesterol	88.92mg
Sodium	735.60mg
Carbohydrates	26.97g
Fiber	0.00g
Total Sugar	1.76g
Added Sugar	1.76g
Protein	22.34g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 97.08mg	Iron 2.79mg