

# Homemade Chicken Taco Meat

<b>Servings:</b>	51.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 ounce weight	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58516

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	6 Pound + 7 Ounce	USDA Brown Box Commodity---Thaw	100101
SPICE ONION MINCED	0.25 Cup + 2 Teaspoon		513997
SPICE GARLIC POWDER	1 Tablespoon + 1.5 Teaspoon		224839
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037
TOMATO PASTE FCY	1 1/2 Cup		221851
Tap Water	1 Quart		
SPICE CHILI POWDER MILD	2 Tablespoon		331473
SPICE CUMIN GRND	1 Tablespoon + 1.5 Teaspoon		273945
SPICE PAPRIKA SPANISH	1 1/2 Teaspoon		225002
SPICE ONION POWDER	1 1/2 Teaspoon		126993

## Preparation Instructions

Thaw diced chicken 2 days ahead under refrigeration.

1. Combine diced chicken, onion, garlic powder, black pepper, tomato paste, and water and seasonings (chili powder, cumin, paprika, and onion powder).
2. Bring to boil, Reduce heat and simmer for 25-30 minutes.
3. Serving = 2ounce weight of chicken taco meat

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 2.00 ounce weight

Amount Per Serving	
<b>Calories</b>	78.82
<b>Fat</b>	2.02g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.41mg
<b>Sodium</b>	61.42mg
<b>Carbohydrates</b>	2.63g
<b>Fiber</b>	0.47g
<b>Total Sugar</b>	0.94g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.12g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.14mg

## Nutrition - Per 100g

<b>Calories</b>	123.32
<b>Fat</b>	3.16g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.35mg
<b>Sodium</b>	96.09mg
<b>Carbohydrates</b>	4.11g
<b>Fiber</b>	0.74g
<b>Total Sugar</b>	1.47g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.96g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.22mg