

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31169
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	1/4 Cup		722330
SAUCE CHS ULTIM YEL POU 6-106Z LOL	3 Fluid Ounce		310668
CHIP TORTL TOP N GO WGRAIN	1 Each	N/A	818222

Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Cut open chips.
2. Portion #16 scoop of meat, 3 fluid ounce scoop of cheese inside bag.
3. Offer with lettuce, salsa. taco sauce & sour cream

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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	416.00
Fat	20.83g
Saturated Fat	8.95g
Trans Fat	0.00g
Cholesterol	52.67mg
Sodium	782.33mg
Carbohydrates	36.83g
Fiber	4.33g
Total Sugar	1.33g
Added Sugar	0.00g
Protein	19.17g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 313.00mg	Iron 1.27mg

Nutrition - Per 100g

Calories	694.37
Fat	34.77g
Saturated Fat	14.94g
Trans Fat	0.00g
Cholesterol	87.91mg
Sodium	1305.84mg
Carbohydrates	61.48g
Fiber	7.23g
Total Sugar	2.23g
Added Sugar	0.00g
Protein	31.99g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 522.45mg	Iron 2.11mg