

# Beef Soft Tacos

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58625
<b>School:</b>	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
TORTILLA FLOUR ULTRGR 6"	2 Each		882690
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250

## Preparation Instructions

1. Cook meat according to directions. CCP: Hold hot at 135 F or higher
2. Place tortilla in warmer to warm.
3. Portion #30 scoop of meat, #30 scoop of cheese inside each tortilla.
4. Students should be given 2 tacos and offer with lettuce, salsa, taco sauce & sour cream

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	366.00
<b>Fat</b>	18.33g
<b>Saturated Fat</b>	11.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.67mg
<b>Sodium</b>	537.33mg
<b>Carbohydrates</b>	34.33g
<b>Fiber</b>	5.33g
<b>Total Sugar</b>	3.33g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 277.00mg	<b>Iron</b> 2.67mg

## Nutrition - Per 100g

<b>Calories</b>	610.91
<b>Fat</b>	30.60g
<b>Saturated Fat</b>	18.69g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	87.91mg
<b>Sodium</b>	896.89mg
<b>Carbohydrates</b>	57.31g
<b>Fiber</b>	8.90g
<b>Total Sugar</b>	5.56g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	31.16g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 462.36mg	<b>Iron</b> 4.45mg