

Beef Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54900
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	Cook--3.17 ounce Weight or 3/8 cup or #10 Disher	722330
LETTUCE ROMAINE RIBBONS	1 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	2 Tablespoon		100012
CHIP NACHO CHS R/F TOP N GO	1 Each	N/A	815803

Preparation Instructions

Taco Meat: Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature.

For Service: Layer 1 cup of lettuce in container. Then layer taco meat and cheese on top. Open bag of chips and put into corner of container. Serve with option of salsa and sour cream packet.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
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	354.00
Fat	15.00g
Saturated Fat	4.80g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	596.00mg
Carbohydrates	34.50g
Fiber	6.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	20.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 131.00mg	Iron 1.40mg

Nutrition - Per 100g

Calories	340.25
Fat	14.42g
Saturated Fat	4.61g
Trans Fat	0.00g
Cholesterol	42.29mg
Sodium	572.86mg
Carbohydrates	33.16g
Fiber	5.77g
Total Sugar	2.88g
Added Sugar	0.00g
Protein	19.70g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 125.91mg	Iron 1.35mg