

Homemade Crispito

Servings:	80.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47816

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	10 Pound	Weight USDA Brown Box Commodity Thaw	100101
SEASONING TACO MIX	9 Ounce	1 Package	222313
Tap Water	1 1/2 Quart		
CHEESE CHED MLD SHRD 4-5 LOL	20 Cup		150250
TORTILLA SHELL SAL ULTRGR 10" BK	80 Each		720526

Preparation Instructions

Chicken: Heat chicken, taco seasoning and 1.5 quarts water to a boil. Reduce heat and simmer 15 minutes stirring occasionally.

Assemble: On one tortilla shell place 2 ounce weight of chicken and 1/4 cup of cheese. Roll up and place on tray to bake. Bake for 8 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 80.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	422.63
Fat	25.00g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	756.18mg
Carbohydrates	26.13g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 211.13mg	Iron 1.00mg

Nutrition - Per 100g

Calories	478.96
Fat	28.33g
Saturated Fat	9.63g
Trans Fat	0.00g
Cholesterol	81.60mg
Sodium	856.96mg
Carbohydrates	29.61g
Fiber	2.27g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	23.80g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 239.26mg	Iron 1.13mg