

# Build It- Taco Beef



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57241

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330

## Preparation Instructions

Heat taco meat according to manufacturer directions. CCP: Heat to 155°F or higher for 15 seconds.  
CCP: Hold at hot holding for 140°F or higher

## 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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	72.18
<b>Fat</b>	3.03g
<b>Saturated Fat</b>	1.14g
<b>Trans Fat</b>	0.18g
<b>Cholesterol</b>	21.45mg
<b>Sodium</b>	187.00mg
<b>Carbohydrates</b>	3.15g
<b>Fiber</b>	1.26g
<b>Total Sugar</b>	1.26g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	8.01g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg**	<b>Iron</b> 0.00mg**

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	127.30
<b>Fat</b>	5.34g
<b>Saturated Fat</b>	2.00g
<b>Trans Fat</b>	0.32g
<b>Cholesterol</b>	37.83mg
<b>Sodium</b>	329.81mg
<b>Carbohydrates</b>	5.56g
<b>Fiber</b>	2.23g
<b>Total Sugar</b>	2.23g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	14.13g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 0.00mg**	<b>Iron</b> 0.00mg**

\*\*One or more nutritional components are missing from at least one item on this recipe.