

Fiesta Taco Filling

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	3.17 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46356
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.17 Ounce

Amount Per Serving	
Calories	114.00
Fat	5.00g
Saturated Fat	1.80g
Trans Fat	0.00g
Cholesterol	34.00mg
Sodium	296.00mg
Carbohydrates	5.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	13.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 45.00mg	Iron 1.00mg

Nutrition - Per 100g

Calories	126.85
Fat	5.56g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	37.83mg
Sodium	329.36mg
Carbohydrates	5.56g
Fiber	2.23g
Total Sugar	2.23g
Added Sugar	0.00g
Protein	14.47g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 50.07mg	Iron 1.11mg