

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50553
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3/8 Cup	#10 Disher	722330
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	N/A	150250
CHIP NACHO REDC FAT	1 Each	N/A	456090

Preparation Instructions

Taco Meat: KEEP FROZEN-Place 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.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
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	315.97
Fat	14.75g
Saturated Fat	5.94g
Trans Fat	0.00g
Cholesterol	50.05mg
Sodium	569.39mg
Carbohydrates	27.37g
Fiber	5.95g
Total Sugar	3.88g
Added Sugar	0.00g
Protein	19.09g
Vitamin A 389.84mcg RAE	Vitamin C 6.41mg
Calcium 217.76mg	Iron 1.44mg

Nutrition - Per 100g

Calories	180.44
Fat	8.42g
Saturated Fat	3.39g
Trans Fat	0.00g
Cholesterol	28.58mg
Sodium	325.16mg
Carbohydrates	15.63g
Fiber	3.40g
Total Sugar	2.22g
Added Sugar	0.00g
Protein	10.90g
Vitamin A 222.63mcg RAE	Vitamin C 3.66mg
Calcium 124.36mg	Iron 0.82mg