

Diced Chicken Taco Meat

Servings:	350.00	Category:	Entree
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45156
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	40 Pound		100101
SEASONING TACO MIX	36 Ounce		159204
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR

Preparation Instructions

Heat chicken, seasoning, and water to boil. Simmer 20-30 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
Grain	0.000
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: 350.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	94.99
Fat	1.83g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	38.40mg
Sodium	721.94mg
Carbohydrates	5.83g
Fiber	2.92g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	10.97g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.05mg

Nutrition - Per 100g

Calories	173.47
Fat	3.34g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	70.12mg
Sodium	1318.38mg
Carbohydrates	10.65g
Fiber	5.33g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	20.04g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.92mg