

# DUNLAP SCHOOL DISTRICT 323

**900032 - TACO,BEEF SOFT SHELL : KOHL RECIPE**

HACCP Process: #2 Same Day Service

Number of Portions: 1

Size of Portions: 1 EACH

Alternate Recipe Name:

P/G: BEEF TACO \*SS

000711 BEEF GROUND ,80/20 Raw-to Cook & Drain.....	2 OZS (raw weight)
011284 ONIONS,DEHYDRATED FLAKES.....	1/2 tsp
002020 GARLIC POWDER.....	1/8 tsp
002030 PEPPER,BLACK.....	
904551 TOMATO PASTE,CND,HTD.....	
014429 WATER,MUNICIPAL.....	1 Tbsp + 7/8 tsp
002009 CHILI POWDER.....	1/8 tsp
902691 CUMIN,GROUND.....	1/8 tsp
002028 PAPRIKA.....	
002026 ONION POWDER.....	
001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT.....	1/2 oz
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..	2 3/4 TSP (chop/dice)
011251 LETTUCE,COS OR ROMAINE,RAW.....	7/8 oz
904847 KOHL- BREAD, TORTILLA, MISSION, WG 8".....	1 TORTILLA 8"

\*Nutrients are based upon 1 Portion Size (1 EACH)

Calories	267 kcal	Cholesterol	51 mg	Sugars	*0.7* g	Calcium	223.82 mg	40.96%	Calories from Total Fat
Total Fat	12.17 g	Sodium	247 mg	Protein	18.91 g	Iron	2.43 mg	15.82%	Calories from Sat Fat
Sat Fat	4.70 g	Carbs	19.04 g	Vitamin A	2347.3 IU	Water <sup>1</sup>	75.49 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	D. Fiber	3.17 g	Vitamin C	6.0 mg	Ash <sup>1</sup>	1.46 g	28.49%	Calories from Carbs
								28.30%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.