

Cooking for Kids

Recipe Sizing Report

000126 - Beef Taco :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 051506 Beef, Crumbles w/SPP, Cooked, Frozen.....	3/4 cup + 3 TBSP (chopped) 1/3 cup + 2 1/8 TSP (MINCED) 5 lbs + 11 ozs	1. In a large braising pan, sauté onions and garlic in oil until onions are translucent. Then add beef crumbles and heat.
051504 Tomatoes, Diced, No Salt Added, Canned... 051500 Tomato Paste, No Salt Added, Canned.....	1 lb + 3 3/4 ozs 1 1/8 ozs	
051495 Salsa, Low-sodium, Canned..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799986 SALT, KOSHER..... 002009 CHILI POWDER..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 002030 PEPPER,BLACK..... 799902 CUMIN,GROUND..... 799989 BASE, CHICKEN, LOW SODIUM.....	3 ozs 1 qt + 2 cups 1 1/2 Tbsp 1/4 cup + 1 5/8 tsp 1/4 cup + 1 5/8 tsp 1 1/2 TBSP (ground) 1 1/2 TBSP 2 1/4 tsp	2. Add diced tomatoes and tomato paste to beef mixture. Simmer for 15 minutes. 3. Add salsa, water, and remaining seasonings. Simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165° F.
799973 TORTILLA, WHOLE WHEAT 6".....	100 TORTILLA 6"	4. To serve, place 1/4 cup of the beef mixture on each tortilla. Serve two per portion. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	300 kcal	Cholesterol	36 mg	Sugars	*0.7* g	Calcium	186.93 mg	31.85%	Calories from Total Fat
Total Fat	10.63 g	Sodium	846 mg	Protein	16.12 g	Iron	2.76 mg	15.74%	Calories from Saturated Fat
Saturated Fat	5.26 g	Carbohydrates	35.60 g	Vitamin A	321.2 IU	Water ¹	*32.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.28 g	Vitamin C	2.1 mg	Ash ¹	*0.41* g	47.40%	Calories from Carbohydrates
								21.46%	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

¹ - denotes optional nutrient values

² - 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.