

Cooking for Kids

Recipe Sizing Report

000545 - Taco Salad CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 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
051506 Beef, Crumbles w/SPP, Cooked, Frozen..... 011282 ONIONS,RAW.....	2 lbs + 13 1/2 ozs 1/3 cup + 6 3/4 TSP (chopped)	1. Brown beef and onions together over medium heat.
051504 Tomatoes, Diced, No Salt Added, Canned..... 051500 Tomato Paste, No Salt Added, Canned.....	1 1/4 cups 1/8 cup	2. Mix diced tomatoes with tomato paste and add to beef mixture. Simmer for 15 minutes.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799989 BASE, CHICKEN, LOW SODIUM..... 051495 Salsa, Low-sodium, Canned..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 799939 GARLIC,RAW.....	3 cups 1 1/8 tsp 2 2/3 Tbsp 2 1/4 tsp 2 1/4 TSP (ground) 2 Tbsp + 3/4 tsp 2 1/4 TSP 2 Tbsp + 3/4 tsp 3 Tbsp + 1/8 tsp	3. Add water, chicken base, salsa, salt, pepper, chili powder, cumin, taco seasoning, and garlic and let simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165° F.
902985 CHIPS, TORTILLA, OVEN BAKED, REGULAR, WH.... 011251 LETTUCE,COS OR ROMAINE,RAW.....	3 lbs + 2 ozs 25 CUP, shredded	4. To serve, place beef mixture on tortilla chips and top with lettuce.

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

Calories	368 kcal	Cholesterol	36 mg	Sugars	*1.2* g	Calcium	82.44 mg	31.20%	Calories from Total Fat
Total Fat	12.77 g	Sodium	690 mg	Protein	14.69 g	Iron	2.49 mg	10.44%	Calories from Saturated Fat
Saturated Fat	4.27 g	Carbohydrates	51.15 g	Vitamin A	4414.9 IU	Water ¹	*76.63* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.26 g	Vitamin C	4.0 mg	Ash ¹	*0.68* g	55.53%	Calories from Carbohydrates
								15.95%	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.