

# Recipe Prep Sheet

American Dairy Association North East

## 990032 - Queso Meatball Nachos

Recipe HACCP Process: #2 Same Day Service

Source: HL

Number of Portions: 50

Portion Size: Servings

Ingredient #	Ingredient Name	Measurements	Instructions
			<p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Drain and rinse well black beans and corn.</p>
799926	BEANS,BLACK,CND,DRND	2 1/4 lb	<p>Combine beans, corn, onions, jalapenos and spices. Add cheese sauce and blend until all ingredients are mixed together.</p> <p>Place meatballs in full size steamtable pan. Pour mixed sauce over the meatballs making sure to coat all.</p> <p>Marinate for 24 hours. Cover and hold at 41 F or less until ready to cook.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p>Cook at 300 F and heat until the internal temperature of the meatballs reaches 165 F.</p> <p><b>CCP:</b> Heat to 165° F or higher for at least 15 seconds</p>
051490	Corn, Whole Kernel, No Salt Added, Canned	4 cup	
011282	ONIONS,RAW	4 CUP, chopped	
799934	PEPPERS,JALEPENO,CND,DRND	1 oz	
799903	GARLIC,GRANULATED	2 TBSP	
002030	PEPPER,BLACK	4 tsp, ground	
119042	RS Jalapeno Cheese Sauce	3 qt	
121523	COOKED BEEF MEATBALLS (0.5 oz)	200 (1 Meatball)	
043364	SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	50 (1 oz bag)	Serve 4 meatballs and 1/2 cup sauce on top of 1 oz. tortilla chips.
011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	4 cup, chopped or sliced	Top with 1 tbsp. tomato and 2 tsp. cilantro.
799968	CILANTRO	2 cup, MINCED	

\*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 required 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 Mosaic® 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.

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

Calories <sup>1</sup>	419.454 kcal	Total Fat	20.816 g	Total Dietary Fiber	3.984 g	Vitamin C	4.850 mg	44.663% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.818 g	Trans Fat <sup>2</sup>	*0.429* g	Protein	18.795 g	Iron	2.877 mg	16.774% Calories from Sat Fat
Sodium <sup>1</sup>	661.583 mg	Cholesterol	47.139 mg	Vitamin A	*166.218* IU	Water	*83.290* g	*0.920%* Calories from Trans Fat
Sugars	*2.396* g	Carbohydrate	33.133 g	Calcium	311.167 mg	Ash	*N/A* g	31.596% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.923% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	cup	Milk	cup

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