

Recipe Prep Sheet

American Dairy Association North East

990039 - Taco Bowl

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
001178	SOUR CREAM,REDUCED FAT	3 1/4 CUP	No Instructions Assigned
990375	black beans canned	2 #10 can	
990369	Taco Meat Beef	7 3/4 LB	<p>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.</p> <p>Heat both the taco meat and cheese sauce separately to 165 degrees. Pan for line service.</p>
122112	RF, RS Nacho Cheese Sauce	6 1/4 cup	
990370	Taco Bowl	1 oz	
120317	Chunky Salsa - Mild	6 1/4 cup	<p>Prepare black beans by draining #10 can,cooking beans for 20-25 minutes or until they reach an internal temperature of 155F. Set aside and keep hot-held at 135F.</p> <p>Prepare other entree components for line service.</p> <p>Assembly: taco boat with #16 scoop of beans,#12 scoop of meat,#32 scoop of cheese sauce,2 Tbsp of lettuce,2 Tbsp of salsa and 1 Tbsp of sour cream on top.</p> <p>CCP: Hold at 135° F or higher.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	3/4 LB, shredded	

**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 required 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 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 (each)

Calories ¹	313.100 kcal	Total Fat	61.241 g	Total Dietary Fiber	10.153 g	Vitamin C	*6.060* mg	176.036% Calories from Total Fat
Saturated Fat ¹	*5.308* g	Trans Fat ²	*0.000* g	Protein	24.786 g	Iron	4.221 mg	*15.258%* Calories from Sat Fat
Sodium ¹	788.744 mg	Cholesterol	*61.643* mg	Vitamin A	*560.941* IU	Water	*109.737* g	*0.000%* Calories from Trans Fat
Sugars	*3.195* g	Carbohydrate	28.389 g	Calcium	185.537 mg	Ash	*N/A* g	36.268% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			31.665% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup
				Vegetable	.25 cup
				Milk	cup

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