

Nachos with Ground Beef (Vernon)

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Recipe

Recipe: 000481 NACHOS WITH GROUND BEEF

Recipe Source: LCM Vernon
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: SERVINGS

023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	4 LB + 8 OZ 2 TBSP 1 TBSP + 1 1/2 TSP 1 1/2 TSP 1 1/2 TSP	1. Brown ground beef. Drain. Continue immediately. 2. Add seasonings and mix.
001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 799911 CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES... 018448 TACO SHELLS,BKD,WO/ SALT.....	1 QT 3 LB + 2 OZ 2 LB + 13 OZ	3. Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
		4. To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 135°F or higher. Portion with No. 16 scoop (1/4 cup) over 0.9 oz (approximately 2/3 cup) taco shell pieces.
		Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.
		Serving 1 portion provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	299 kcal	Cholesterol	43.74 mg	Sugars	*2.87* g	Calcium	317.18 mg	48.29%	Calories from Total Fat
Total Fat	16.03 g	Sodium	480.34 mg	Protein	18.43 g	Iron	1.71 mg	18.67%	Calories from Saturated Fat
Saturated Fat	6.20 g	Carbohydrates	21.10 g	Vitamin A	888.98 IU	Water ¹	28.61 g	*1.06%*	Calories from Trans Fat
Trans Fat ²	*0.35* g	Dietary Fiber	2.08 g	Vitamin C	0.34 mg	Ash ¹	1.33 g	28.25%	Calories from Carbohydrates
								24.68%	Calories from Protein

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.

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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.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 1.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	023567	BEEF,GROUND,85% LN MEAT / 15% FAT,RAW			
I	002009	CHILI POWDER			
I	799902	CUMIN,GROUND			
I	002028	PAPRIKA			
I	002026	ONION POWDER			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	799911	CHEESE BLEND, AMERICAN AND SKIM MILK			
I	018448	TACO SHELLS,BKD,WO/ SALT			

Notes

Production Notes:

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

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Always confirm M/MA crediting using the Food Buying Guide for School Meal Programs.

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