

Taco Salad (USDA)

Page 1

Recipe

Recipe: 500186 TACO SALAD

Recipe Source: USDA E-10
 Recipe Group: SALADS

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

Recipe HACCP Process: #2 Same Day Service

023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..... 011282 ONIONS,RAW..... 002047 SALT, TABLE..... 799903 GARLIC, GRANULATED..... 002030 PEPPER, BLACK..... 011546 TOMATO PRODUCTS, CND, PASTE, WO/SALT..... 014429 WATER, MUNICIPAL..... 002009 CHILI POWDER..... 799902 CUMIN, GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	6 LB + 6 OZ 5 OZ, chopped 1 TBSP 1 TBSP + 1 1/2 TSP 2 TSP 1/8 # 10 Can 1 QT + 1 CUP 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 onions, salt, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes. CCP: Heat to 155° F for 15 seconds. CCP: Hold for hot service at 135° F or higher.
011252 LETTUCE, ICEBERG (INCL CRISP HEAD TYPES), RAW... 011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE..... 019056 SNACKS, TORTILLA CHIPS, PLAIN, WHITE CORN.....	4 LB, shredded 1 QT, chopped or sliced 2 LB + 13 OZ	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
001168 CHEESE, LOFAT, CHEDDAR OR COLBY.....	1 LB + 10 OZ	4. Serving suggestions: A. Assemble each salad as follows, or in preferred order: 1st layer: about 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell 2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture 3rd layer: No. 12 scoop (1/3 cup) meat mixture 4th layer: 1/2 oz (approximately 2 Tbsp 1 tsp) shredded cheese. OR B. (1) Preportion 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture and 1/2 oz (approximately 2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service. (2) Transfer meat mixture and taco shell pieces or tostada shells into steamtable pans. On each student tray, serve 0.9 oz (approximately 1/2 cup) taco shell pieces or 1 tostada shell. Top with No. 12 scoop (1/3 cup) meat mixture. Add 1 preportioned souffle cup of lettuce and tomato mixture and 1 preportioned souffle cup of shredded cheese. Instruct students to "build" their own taco salad.

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		Food as Purchased												
		<table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">6 oz</td> <td style="text-align: center;">12 oz</td> </tr> <tr> <td>Head lettuce</td> <td style="text-align: center;">5 lb 5 oz</td> <td style="text-align: center;">10 lb 10 oz</td> </tr> <tr> <td>Tomatoes</td> <td style="text-align: center;">2 lb 2 oz</td> <td style="text-align: center;">4 lb 4 oz</td> </tr> </table>		50 Servings	100 Servings	Mature onions	6 oz	12 oz	Head lettuce	5 lb 5 oz	10 lb 10 oz	Tomatoes	2 lb 2 oz	4 lb 4 oz
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		Serving												
		1 salad provides 2 oz equivalent meat/meat alternate, ¾ cup of veg etable, and 1 serving of grains/breads.												

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	296 kcal	Cholesterol	45.99 mg	Sugars	0.00 g	Calcium	201.00 mg	49.16%	Calories from Total Fat
Total Fat	16.17 g	Sodium	589.99 mg	Protein	18.37 g	Iron	2.48 mg	17.57%	Calories from Saturated Fat
Saturated Fat	5.78 g	Carbohydrates	20.11 g	Vitamin A	671.99 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.20 g	Vitamin C	8.39 mg	Ash ¹	0.00 g	27.17%	Calories from Carbohydrates
								24.82%	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.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 1.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - 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	050131	Taco Salad			

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I	011546	TOMATO PRODUCTS,CND,PASTE,WO/SALT			
I	014429	WATER,MUNICIPAL			
I	002009	CHILI POWDER			
I	799902	CUMIN,GROUND			
I	002028	PAPRIKA			
I	002026	ONION POWDER			
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