



825084 - Mexican Flatbread

Source: K12 Culinary

Number of Portions: 24

Size of Portion: each

Alternate Recipe Name: Flat Taco

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Whole Grain Rich

Vegetable, Red/Orange

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #2 Same Day Service

| Ingredients | Measures | Instructions |
|--|-------------------------------|--|
| 826494 Flatbread, Oven Fired, WGR, Rich's 14010..... | 24 each, 2.2 oz | Thaw flatbread overnight at room temperature. |
| 825039R Taco Filling: Beef..... | 2 lbs + 4 OZS (EP) | Prepare Taco Filling according to the recipe. Weigh the required amount of prepared filling and top each flatbread indicated in the steps below. (CCPs: Cool any leftover taco filling according to the single-stage or two-stage cooling method and then cover, label, and date. CCP: Store at 41 degrees F. or below. When using properly cooled and stored leftover taco filling for future recipes, the filling must be reheated to 165 degrees F.) |
| 050540 SALSA, LOW-SODIUM, CANNED..... 826499 Cheese, Pizza Blend, 50/50 Moz/Prov, DFA.... | 1 qt + 1 PINT 1 lb + 8 ozs | Spray full size sheet pan(s) with pan release. Place 8 flatbreadson each full size sheet pan. Using a 2 oz. spoodle, top each flatbread with ¼ c slasa. Use the bottom of the utensil to spread evenly. Spread 1 oz. of taco meat over the salsa using a 2 ounce spoodle to portion (check weight to be sure of accurate portion size). Using a 2 oz. spoodle, distribute 1 oz. of pizza bland cheese evenly over the top of the salsa on each flatbread. (Note: Not all salsa provides vegetable component crediting for the red/orange vegetable subgroup for the volume served. For salsa products, like USDA Foods variety, containing all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement. If using purchased salsa containing these non-creditable ingredients, you must obtain manufacturer's product formulation statement to show proper crediting.) Bake in convection oven at 375 degrees F for about 5 minutes. |

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|--|--|--|
| | | CCP: Heat to 135° F or higher. |
| | | This recipe is best quality when prepared for just in time service to avoid excessive leftovers. CCP: Hold for hot service at 135° F or higher |

*Nutrients are based upon 1 Portion Size (each)

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories | 400 kcal | Cholesterol | 56 mg | Sugars | *2.8* g | Calcium | 229.45 mg | 40.89% | Calories from Total Fat |
| Total Fat | 18.16 g | Sodium | 640 mg | Protein | 24.16 g | Iron | *2.71* mg | 17.61% | Calories from Saturated Fat |
| Saturated Fat | 7.82 g | Carbohydrates | 35.37 g | Vitamin A | 663.8 IU | Water ¹ | *31.00* g | *0.47%* | Calories from Trans Fat |
| Trans Fat ² | *0.21* g | Dietary Fiber | 4.11 g | Vitamin C | 3.2 mg | Ash ¹ | *0.59* g | 35.41% | Calories from Carbohydrates |
| | | | | | | | | 24.18% | 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.