



825077 - Shrimp Taco

Source: K12 Culinary
 Number of Portions: 40
 Size of Portion: each

Components:

Meat/Alt: 2 oz
 Grains: 3 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Ethnic Foods
 Meat/Meat Alter
 Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826194 Tortilla, Wheat, 8in, Mission 33824.....	40 tortilla, 8" (CN=1.75G)	Thaw tortillas at room temperature at least overnight. Proper thawing will aid in handling the product without breaking and cracking.
825051R Lime Yogurt Dip.....	1 qt	Prepare school made Lime Yogurt Dip according to recipe. Use a #40 disher to portion 1 2/3 Tbsp. dip into a 2-ounce portion cup. CCP: Hold at 41 degrees F. or lower.
826273 Shrimp, Popcorn, WG Rich's SeaPak 47039.....	10 lbs	Line sheet pans with parchment paper or spray with pan release. Place frozen shrimp pieces on prepared pans leaving at least 1 inch between each piece for proper browning. Bake at 325 degrees F. for about 15 to 20 minutes. Do not overcook! CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold at 135° F or higher.
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	2 lbs + 8 ozs	To assemble for just in time service, use 6 oz. spoodle to measure 3 ounces of baked breaded popcorn style shrimp and place in the center of each thawed tortilla. Use a 2 oz. spoodle to portion ¼ cup of shredded cheddar cheese over the top of the popcorn shrimp. Serve 1 Shrimp Taco and 1 portion cup of Lime Yogurt Dip. Menu recommendations: Offer Pico or Salsa cups on the side and school made Taco Dip as an additional condiment. Important note: Crediting for this recipe is based on 3 ounces of shrimp poppers providing 1.25 grain and 1 M/MA. If using a different brand, crediting may vary and recipe adjustment may be needed. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (each)

Calories	552 kcal	Cholesterol	97 mg	Sugars	*3.9* g	Calcium	423.84 mg	39.04%	Calories from Total Fat
Total Fat	23.95 g	Sodium	1082 mg	Protein	30.03 g	Iron	4.57 mg	11.38%	Calories from Saturated Fat
Saturated Fat	6.98 g	Carbohydrates	55.27 g	Vitamin A	336.8 IU	Water ¹	*20.72* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.01 g	Vitamin C	1.4 mg	Ash ¹	*0.21* g	40.04%	Calories from Carbohydrates
								21.75%	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.