



825131 - Taco Cup:Vegetarian

Source: K12 Culinary

Number of Portions: 24

Size of Portion: each

Alternate Recipe Name: Layered Mexican Dip

Alternate Recipe Name 2: Taco Dip

Components:

Meat/Alt: 2.5 oz

Grains: 2 oz

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Whole Grain Rich

Vegetable, Red/Orange

Vegetable, Red/Orange

Vegetable, Dark Green

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825022R Seasoning Blend, Bean.....	2 Tbsp	CCP: No bare hand contact with ready to eat food. Prepare Bean Blend Seasoning according to the recipe. Measure the amount needed for Taco Cups. Store leftover seasoning in a tightly sealed plastic spice bottle.
050551 BEANS, CANNED, REFRIED, LOW-SODIUM.....	1 #10 can	Open can of refried beans and transfer one #10 can of beans to each pan. Add 1 Tbsp. of Bean Blend to pan. Stir well to combine. Place in refrigerator until ready to use CCP: Hold at 41 degrees F. or lower.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	3 lbs + 4 OZS (AP)	Rinse tomatoes under running water and drain in a colander. Using a tomato scoop, remove the core. Dice into ½" pieces CCP: Hold at 41 degrees F. or lower.
011251 LETTUCE,COS OR ROMAINE,RAW.....	9 ozs	Weigh lettuce. Purchased, precut, prewashed romaine does not require rinsing. For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 13 oz. AP lettuce equals approximately 9 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). CCP: Hold at 41 degrees F. or lower.

001056 CREAM,SOUR,CULTURED.....	3 cups	Layer ingredients evenly in a 12 oz. clear cup in the following order:
050540 SALSA, LOW-SODIUM, CANNED.....	3 cups	<ul style="list-style-type: none"> • ½ cup refried beans (no. 8 disher) • 2 Tbsp. sour cream (no. 30 disher) • 2 Tbsp. salsa (no. 30 disher) • .5 ounce shredded cheese (1 oz. spoodle) • ¼ cup romaine lettuce • ¼ cup diced tomatoes
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	12 ozs	<p>Serve with 2 oz. tortilla chips.</p> <p>Notes:</p> <ul style="list-style-type: none"> • 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. • This salad includes 1/2 cup vegetable <i>IF</i> the salsa is a creditable ingredient. Be sure to allow students to select additional vegetables as required by the meal pattern if they desire. For non-OVS meals, plan the meals to include a total of 3/4 cup vegetable for grades K-8 and 1 cup vegetable at grades 9-12.

*Nutrients are based upon 1 Portion Size (each)

Calories	239 kcal	Cholesterol	33 mg	Sugars	*2.4* g	Calcium	215.17 mg	34.84%	Calories from Total Fat
Total Fat	9.25 g	Sodium	300 mg	Protein	13.05 g	Iron	3.42 mg	17.96%	Calories from Saturated Fat
Saturated Fat	4.77 g	Carbohydrates	27.37 g	Vitamin A	1932.1 IU	Water ¹	*78.16* g	*0.72%*	Calories from Trans Fat
Trans Fat ²	*0.19* g	Dietary Fiber	8.67 g	Vitamin C	17.4 mg	Ash ¹	*0.49* g	45.80%	Calories from Carbohydrates
								21.84%	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.