



825134 - Taco Pocket

Source: K12 Culinary
 Number of Portions: 60
 Size of Portion: each

Components:

Meat/Alt: 2.5 oz
 Grains: 1.75 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Meat/Meat Alter
 Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826194 Tortilla, Wheat, 8in, Mission 33824.....	60 tortilla, 8" (CN=1.75G)	Thaw tortillas at room temperature a day or two in advance of use.
825039R Taco Filling: Beef.....	7 lbs + 8 OZS (EP)	Prepare beef taco filling according to the recipe. CCP: Heat to 155° F or higher for at least 15 Seconds
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	1 lb + 14 ozs	CCP: No bare hand contact with ready to eat food. Place thawed tortillas in a single layer in a clean work surface or parchment paper. Using #12 scoop, place 2 ounces of the prepared taco filling into the center of the tortilla. Using a 1 ounce spoodle, add 1/2 ounce of cheddar cheese on top of taco filling. Fold each side of the tortilla over the filling by 1/3 the width of the tortilla. Then fold the bottom edge up and over the filling to meet the top edge. Shingle the Taco Pockets upright into a 2 inch deep full-size steamtable pan. (Note: Refer to the video for <i>Making Taco Pockets</i> for more information about assembly and presentation.) Cover and hold for service. Serve 1 Taco Pocket per portion with clean gloved hands or tongs. CCP: Hold for hot service at 135° F or higher

		<p>Notes: Offer Pico or Salsa Cups on the side as directed by the menu planner.</p> <p>Follow menu planner guidance about offering additional grain, such as tortilla chips or Spanish Rice, to meet the daily meal pattern requirements for grades 9-12.</p>
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*Nutrients are based upon 1 Portion Size (each)

Calories	325	kcal	Cholesterol	52	mg	Sugars	*2.8*	g	Calcium	246.29	mg	39.50%	Calories from Total Fat
Total Fat	14.28	g	Sodium	380	mg	Protein	21.91	g	Iron	3.10	mg	15.33%	Calories from Saturated Fat
Saturated Fat	5.54	g	Carbohydrates	26.14	g	Vitamin A	210.5	IU	Water ¹	*41.33*	g	*0.76%*	Calories from Trans Fat
Trans Fat ²	*0.28*	g	Dietary Fiber	2.36	g	Vitamin C	0.9	mg	Ash ¹	*0.79*	g	32.12%	Calories from Carbohydrates
												26.93%	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.