



825034 - Chicken Taco Filling

Source: K12 Culinary
Number of Portions: 53
Size of Portion: 1/4 cup

Components:

Meat/Alt: 1.5 oz
Grains:
Fruit:
Vegetable:
Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen.....	5 lbs	Thaw diced chicken in refrigerator two days prior to service. CCP: Hold at 41° F or lower.
825024R Seasoning Blend, Mexican.....	1 Tbsp + 1 tsp	Combine required amount of thawed chicken and seasonings In each 4 inch half size pan,. Using clean gloved hands, work the seasoning into chicken.
826501 Base, Chicken, Low NA, no MSG, Sysco... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1/2 TSP (AP) 1/2 cup	Combine 1/2 tsp chicken base and 1/2 cup warm water. Mix until base is completely dissolved in water. For each plan, pour 1/2 cup water mixture over chicken. Cover and store in refrigerator overnight. CCP: Hold at 41° F or lower.
		On day of service, cover diced, seasoned chicken and heat in the steamer. Do not overcook as meat will shrink. Serve 1 ½ oz weight of chicken using a 2 oz spoodle. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher.
		Cool leftovers and reheat for service within 72 hours. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours. CCP: Heat to 165° F or higher.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	56	kcal	Cholesterol	32	mg	Sugars	*0.0*	g	Calcium	0.99	mg	25.27%	Calories from Total Fat
Total Fat	1.57	g	Sodium	47	mg	Protein	9.20	g	Iron	0.33	mg	0.05%	Calories from Saturated Fat
Saturated Fat	0.00	g	Carbohydrates	0.11	g	Vitamin A	35.3	IU	Water ¹	*2.25*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	0.04	g	Vitamin C	0.9	mg	Ash ¹	*0.02*	g	0.79%	Calories from Carbohydrates
												66.00%	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.