



## 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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826194 Tortilla, Wheat, 8in, Mission 33824.....	40 each, 1.8oz(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 #825015. Use a no. 40 disher to portion approximately 2 Tbsp of dip into a 2 oz portion cup. <b>CCP: Hold at 41° F or lower.</b>
826273 Shrimp, Popcorn, WG Rich's SeaPak 47039....	10 lbs	Line sheet pans with parchment paper or spray with food release. Place frozen shrimp pieces on prepared pans leaving at least 1 inch around each piece for proper browning. Bake at 325° F for approximately 15 to 20 minutes. Do not overcook! <b>CCP: Heat to 165° F or higher.</b>  <b>CCP: Hold at 135° F or higher.</b>
051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	2 lbs + 8 ozs	To assemble for just in time service, use 6 oz spoodle to measure 3 oz 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 additional condiments as instructed by the menu planner.  <b>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.</b>  <b>CCP: Hold for hot service at 135° F or higher.</b>

\*Nutrients are based upon 1 Portion Size (each)

Calories	553 kcal	Cholesterol	101 mg	Sugars	*3.8* g	Calcium	*147.23* mg	40.44%	Calories from Total Fat
Total Fat	24.84 g	Sodium	1044 mg	Protein	29.41 g	Iron	*4.20* mg	13.42%	Calories from Saturated Fat
Saturated Fat	8.24 g	Carbohydrates	55.63 g	Vitamin A	*148.5* IU	Water <sup>1</sup>	*20.72* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.01 g	Vitamin C	*1.4* mg	Ash <sup>1</sup>	*0.17* g	40.25%	Calories from Carbohydrates
								21.28%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.