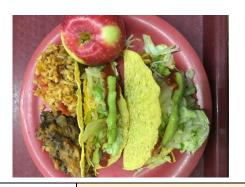


Chicken Tacos

50 servings – 2 Tacos

2 oz. eq. m/ma

1 oz. eq. Grain



Imagadianta	For 100 servings		Directions		
Ingredients	Weight Measure Directions		Directions		
Onions, raw, chopped	5 oz.		In large pot, heat oil. Sautee onion until soft, 10 minutes.		
Chicken, diced, cooked	5 lb.		Add chicken and cook till heated through.		
Oil, vegetable		½ cup			
Garlic, granulated		1 T. plus 1 ½ t.	To onions and chicken add garlic, pepper, chili powder, cumin, and		
Pepper, Black		2 t.	paprika. Stir to combine. Cook for 5 min.		
Chili Powder		2 T.	Add water and tomato paste. Cook slowly for 30 minutes to		
Cumin, ground		1 T. plus 1 ½ t.	- combine flavors. Stir periodically. Heat to 165-degree F for at least 15 seconds.		
Paprika		1 ½ t.	Hold for hot service at 135 degrees F or higher.		
Tomato Paste	14 oz.				
Water		1 ½ qt.			
Cheese, cheddar, shredded	3 lb.		Before serving, fill each taco shell with:		
Tomatoes, red, ripe, chopped	2 lb.		1 T. shredded cheese		
Lettuce, iceberg, shredded	3 lb.		2 T. chicken taco mixture (#30 scoop)		
Taco Shells, Corn, Hard		100 Each	Serve with $\frac{1}{4}$ cup shredded lettuce and $\frac{1}{4}$ cup chopped tomatoes. Serve two tacos.		

Serving size and yield			
Serving size:	2 Tacos		
Yield:	50		

Cooking time and temperature				
Oven type	Temperature	Time		
Conventional:				
Convection:				

Meal pattern contribution (based on serving size)					
Meat/meat alternates:	2	ounce equivalents			
Grains:	1	ounce equivalents 1			
Fruits:		cups			
Vegetables:		cups			

Nutrients per serving									
				Cholesterol					
Calories	274	Total fat (g)	6.3	(Milligrams (mg))	45.4	Sodium (mg)	417	Iron (mg)	2.6
						Vitamin D		Potassium	
Protein (grams (g))	22.9	Saturated fat (g)	2.3	Total sugars (g)	1.6	(International Units (IU))		(mg)	
Carbohydrate (g)	29.3	Trans fat (g)	0	Dietary fiber (g)	4.8	Calcium (mg)	167.48		

