

Nutritional Information for TACO FILLN BEEF 6-5# COMM

Product Number:	106410
Description:	AP Beef, Taco Filling w/ Soy, Red Fat, J

Nutritional Information			
Serving Size 1 cup (56 g)			
Amount Per Serving			
Calories 103		Calories from Fat 59	
% Daily Value			
Total Fat	7 g	10%	
Saturated Fat	3 g	13%	
Trans Fat	0 g		
PolyUnSat	0 g	n/a	
MonoUnSat	3 g	n/a	
Cholesterol	21 mg	7%	
Sodium	242 mg	10%	
Potassium	260 mg	7%	
Total Carbs	3 g	1%	
Dietary Fiber	1 g	5%	
Sugars	1 g	n/a	
Protein	8 g	16%	
Vitamin A -	1%	Vitamin C -	2%
Calcium -	2%	Iron -	9%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
2.3 oz		Vitamin D	n/a
Meat/Meat Alternative	2.00 oz	Vitamin D	n/a
Fruit/Vegetables	n/a	Vitamin E	n/a
Grain/Bread	n/a	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	61 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	0 mg	Phosphorus	83 mg
Riboflavin B2	6 mg	Zinc	n/a
Niacin B3	2 mg	Magnesium	n/a
Pyridoxine B6	0 mg	Copper	n/a
Cobalamin B12	10 mcg	Selenium	n/a
Pantothenic Acid	n/a	Calcium	23 mg
Vitamin C	1 mg	Iron	2 mg
Folic Acid	3 mcg	Manganese	n/a
		Iodine	n/a

Ingredients:	n/a
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