

# Kentucky Dept. of Education

**001352 - BCHS Beefy Fajitas**

**Recipe HACCP Process: #2 Same Day Service**

Source: Bourbon County  
 Number of Portions: 48  
 Size of Portion: Servings

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 0.25 Cup  
 Milk: 0 Cup

013970 BEEF,FLANK,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW..... 011181 CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO... 902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUID..... 903891 Green Onion, thinly sliced..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011821 Peppers, Bell, halved and seeded..... 901062 ONIONS,RED,RAW..... 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 799968 CILANTRO..... 009160 LIME JUICE,RAW..... 799946 Jalapenos, seeded and finely diced..... 799939 GARLIC,RAW..... 001178 SOUR CREAM,REDUCED FAT..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE.... 902416 Tortilla, WG 10 inch.....	48 (3 OZ) 4 ear, yields 7 1/2 CUP 4 Each 4 CUP, chopped 4 CUP, chopped 4 CUP, chopped 4 CUP, chopped or sliced 3 TBSP, MINCED 1 lime yields 1 pepper 8 cloves, minced 6 CUP 4 CUP 1 Each (64grams)	Drain and rinse black beans. Cut the corn from the cob. Juice the lime. Combine the peppers, green onions, red onion, tomatotes, cilantro,jalpeno, black beans, garlic and corn. Mix together in a large bowl. Add the lime juice. Cover and place in refrigerator. Cook steaks on medium heat in olive oil until reach internal temperature of 155 degrees. Place in pan in warmer. Wrap tortillas in foil and heat in oven. Cut steaks into strips (3 oz) and place in tortillas. CCP: Hold at 135 degrees or higher. To serve: Top with salsa mixture, sour cream and cheddard cheese
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\*Nutrients are based upon 1 Portion Size (Servings)

Calories	260 kcal	Cholesterol	*68.98* mg	Sugars	*1.10* g	Calcium	*163.66* mg	40.11%	Calories from Total Fat
Total Fat	11.61 g	Sodium	287.57 mg	Protein	*25.36* g	Iron	*2.26* mg	20.09%	Calories from Sat Fat
Saturated Fat	5.81 g	Carbohydrate	13.33 g	Vitamin A	*741.62* IU	Water <sup>1</sup>	*131.56* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*3.64* g	Vitamin C	*31.13* mg	Ash <sup>1</sup>	*1.34* g	20.48%	Calories from Carbohydrates
								*38.95%*	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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.