

# Nachos

Meat Alternate-Grains/Breads

Snacks

G-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched taco shell pieces	6 oz		12 oz		1. Spread 6 oz of taco pieces on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 Servings, use 2 pans. 2. Top each pan with 12 oz (1 ½ cups) of salsa and 13 oz (3 ¼ cups) of cheese. 3. Bake until cheese melts: Conventional oven: 375° F for 7 minutes Convection oven: 350° F for 5 minutes  For best results, serve immediately.  No CCP necessary. 4. Score each pan 5 x 5 (25 pieces).  Portion is 1 piece.
Salsa (C-03)	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of ½ oz of cheese and the equivalent of ¼ slice of bread.	<b>25 Servings:</b> 2 lb 2 oz <b>50 Servings:</b> 4 lb 4 oz  Tested 2004	<b>25 Servings:</b> 25 pieces <b>50 Servings:</b> 50 pieces

**Special Tip:**  
 For an attractive garnish, use 1 Tbsp of lowfat sour cream or plain lowfat yogurt and 1 Tbsp of Salsa (C-03).

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## Nutrients Per Serving

<b>Calories</b>	77	<b>Saturated Fat</b>	1.93 g	<b>Iron</b>	0.28 mg
<b>Protein</b>	4.64 g	<b>Cholesterol</b>	8 mg	<b>Calcium</b>	148 mg
<b>Carbohydrate</b>	5.46 g	<b>Vitamin A</b>	115 IU	<b>Sodium</b>	166 mg
<b>Total Fat</b>	4.26 g	<b>Vitamin C</b>	1.9 mg	<b>Dietary Fiber</b>	0.7 g