



15 Minute Taco In A Pan

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb extra ground beef lean
- 2 cups lettuce shredded
- 2 cups minute rice white uncooked
- 1 cup cheese shredded mexican style kraft
- 1 pkg taco bellâ® taco seasoning mix
- 2 cups tomatoes chopped
- 2 cups water

Equipment

frying pan

Directions

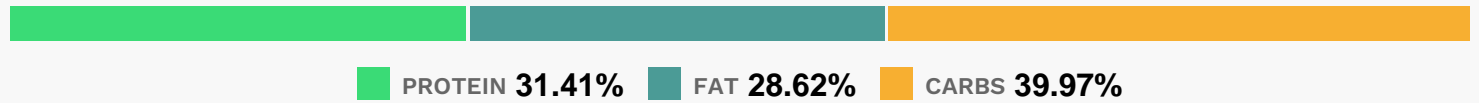
Brown meat in large nonstick skillet; drain.

Add water and seasoning mix; stir. Bring to boil.

Stir in rice.

Sprinkle with cheese; cover. Reduce heat to low; simmer 5 min. Top with lettuce and tomatoes.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:25.935652276744%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 453.9kcal (22.69%), Fat: 14.25g (21.93%), Saturated Fat: 7.4g (46.28%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 40.99g (14.91%), Sugar: 4.68g (5.2%), Cholesterol: 96.91mg (32.3%), Sodium: 968.29mg (42.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.4%), Selenium: 39.96µg (57.09%), Zinc: 7.42mg (49.48%), Vitamin B3: 9.76mg (48.8%), Vitamin B12: 2.88µg (48.08%), Phosphorus: 422.99mg (42.3%), Folate: 149.17µg (37.29%), Iron: 6.51mg (36.18%), Vitamin A: 1806.66IU (36.13%), Vitamin B1: 0.49mg (32.9%), Vitamin B6: 0.59mg (29.44%), Manganese: 0.57mg (28.55%), Calcium: 221.66mg (22.17%), Potassium: 655.09mg (18.72%), Vitamin C: 15.15mg (18.37%), Vitamin B2: 0.31mg (18.05%), Fiber: 3.79g (15.15%), Vitamin K: 15.64µg (14.9%), Magnesium: 49.87mg (12.47%), Copper: 0.24mg (12.12%), Vitamin B5: 1.08mg (10.83%), Vitamin E: 0.87mg (5.81%), Vitamin D: 0.25µg (1.69%)