



## 2-Step Beefy Taco Joes

READY IN



15 min.

SERVINGS



8

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce campbell's® condensed tomato soup 25% canned (Regular or Less Sodium)
- 1 pound ground beef
- 1 cup & chunky salsa thick pace®
- 8 classic sandwich buns with sesame seeds pepperidge farm®
- 0.5 cup cheddar cheese shredded

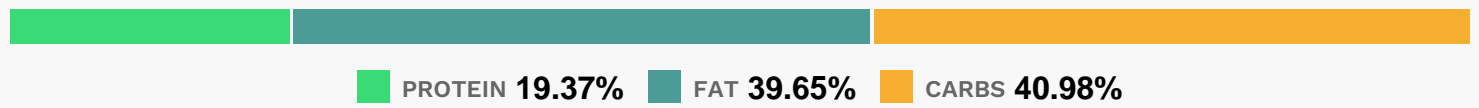
### Equipment

- frying pan

## Directions

- Brown ground beef in skillet.
- Pour off fat.
- Add soup and salsa.
- Heat through. Top with cheese.
- Serve on rolls.
- Serve with French fries and corn on the cob. For dessert serve chunky applesauce.

## Nutrition Facts



## Properties

Glycemic Index:7.94, Glycemic Load:2.01, Inflammation Score:-5, Nutrition Score:14.519565154677%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 374.41kcal (18.72%), Fat: 16.42g (25.26%), Saturated Fat: 6.1g (38.14%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 35.88g (13.05%), Sugar: 5.41g (6.01%), Cholesterol: 47.32mg (15.77%), Sodium: 751.07mg (32.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.1%), Selenium: 34.23µg (48.89%), Vitamin B3: 5.51mg (27.54%), Zinc: 3.3mg (21.99%), Vitamin B1: 0.33mg (21.75%), Vitamin B12: 1.29µg (21.47%), Phosphorus: 201.14mg (20.11%), Vitamin B2: 0.32mg (18.98%), Iron: 3.34mg (18.57%), Manganese: 0.36mg (17.89%), Folate: 60.9µg (15.23%), Vitamin B6: 0.3mg (14.9%), Potassium: 518.03mg (14.8%), Calcium: 128.34mg (12.83%), Magnesium: 37.14mg (9.29%), Fiber: 2.32g (9.26%), Copper: 0.17mg (8.5%), Vitamin A: 376.1IU (7.52%), Vitamin E: 1.05mg (7.01%), Vitamin C: 5.53mg (6.71%), Vitamin B5: 0.61mg (6.13%), Vitamin K: 4.12µg (3.92%)