



5 Ingredient Salsa Verde Beef Tacos



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons olive oil extra virgin
- ☐ 2 tablespoons freshly garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound ground beef lean
- ☐ 1 medium onion finely chopped
- ☐ 0.5 cup mild salsa verde

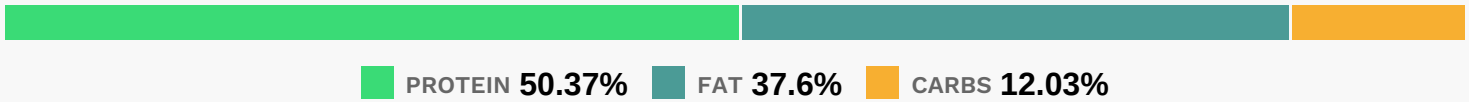
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Place olive oil into medium skillet or pot over medium heat.
- ☐ Saute onions and garlic until softened, about 5 minutes.
- ☐ Add ground beef, salt and pepper, stirring until browned.
- ☐ Add salsa verde and cumin, stirring until combined. Reduce heat to low until ready to serve.You can place the beef mixture into a slow cooker and cook on low for 3–6 hours if desired.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:8.5369564605796%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 136.97kcal (6.85%), Fat: 5.52g (8.49%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.99g (2.21%), Cholesterol: 46.87mg (15.62%), Sodium: 380.89mg (16.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.25%), Vitamin B12: 1.69µg (28.22%), Zinc: 3.93mg (26.18%), Vitamin B3: 4.21mg (21.05%), Selenium: 13.65µg (19.49%), Vitamin B6: 0.35mg (17.66%), Phosphorus: 160.88mg (16.09%), Iron: 2.12mg (11.79%), Potassium: 344.38mg (9.84%), Vitamin B2: 0.13mg (7.7%), Vitamin B5: 0.52mg (5.25%), Magnesium: 20.5mg (5.12%), Manganese: 0.1mg (4.9%), Copper: 0.08mg (3.87%), Vitamin C: 2.93mg (3.55%), Vitamin B1: 0.05mg (3.13%), Vitamin E: 0.42mg (2.81%), Vitamin A: 123IU (2.46%), Calcium: 19.45mg (1.95%), Folate: 7.39µg (1.85%), Fiber: 0.42g (1.7%), Vitamin K: 1.3µg (1.24%)