



BBQ Beef Soft Tacos

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 lb extra-lean ground beef
- 1 onion sliced
- 1 bell pepper red cut into strips
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 1 tomatoes chopped
- 8 6-inch tortillas whole wheat ()

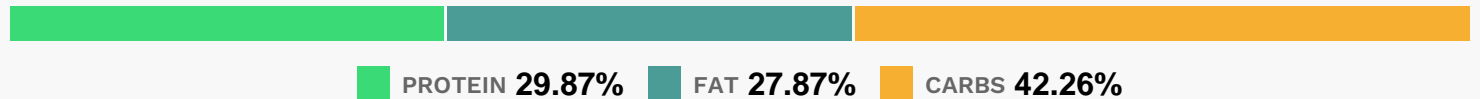
Equipment

frying pan

Directions

- Brown meat with onions and peppers in nonstick skillet. Stir in barbecue sauce; cook 2 min. or until heated through, stirring occasionally.
- Spoon onto tortillas; fold in half.
- Top with tomatoes and cheese.

Nutrition Facts



Properties

Glycemic Index:4.96, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:3.3952174141355%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 70.57kcal (3.53%), Fat: 2.17g (3.34%), Saturated Fat: 1g (6.25%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.57g (2.39%), Sugar: 2.78g (3.09%), Cholesterol: 13.92mg (4.64%), Sodium: 157.45mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Vitamin C: 7.13mg (8.64%), Vitamin B12: 0.46µg (7.62%), Zinc: 1.05mg (6.98%), Vitamin B3: 1.14mg (5.71%), Vitamin B6: 0.11mg (5.56%), Selenium: 3.71µg (5.3%), Phosphorus: 50.87mg (5.09%), Vitamin A: 215.58IU (4.31%), Iron: 0.73mg (4.06%), Vitamin B2: 0.06mg (3.76%), Calcium: 34.94mg (3.49%), Fiber: 0.84g (3.36%), Potassium: 106.04mg (3.03%), Vitamin B5: 0.18mg (1.8%), Magnesium: 6.86mg (1.71%), Folate: 5.75µg (1.44%), Vitamin E: 0.2mg (1.36%), Manganese: 0.03mg (1.32%), Vitamin B1: 0.02mg (1.32%), Copper: 0.02mg (1.22%)