



Beef and Kale Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots grated
- ☐ 1 tablespoon mild chili powder
- ☐ 2 garlic cloves chopped
- ☐ 0.5 pound ground beef grass-fed
- ☐ 1 teaspoon ground cumin
- ☐ 2 cups kale leaves sliced into thin strips
- ☐ 1 tablespoon olive oil
- ☐ 1 cup pepper jack cheese shredded organic (if possible)

- ☐ 12 teaspoons salsa jarred
- ☐ 0.5 teaspoon sea salt
- ☐ 12 corn taco shells
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup water

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 300°F.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add the olive oil, then add the beef, carrots, and garlic.
- ☐ Sprinkle with the salt. Cook for 4 to 5 minutes, stirring occasionally, until meat begins to brown and the vegetables soften.
- ☐ Add the chili powder, cumin, and tomato paste. Cook for an additional 1 to 2 minutes, until the spices become fragrant.
- ☐ Add the water, reduce the heat, and simmer for 4 to 5 minutes, until the beef is no longer pink in the center.
- ☐ Meanwhile, place the taco shells in the oven for 5 to 10 minutes to warm them (or warm them in the toaster oven). Assemble each taco by spooning in 2 tablespoons of the meat and some of the kale and cheese into each shell. Top each taco with 1 teaspoon salsa and serve immediately.
- ☐ Fifty Shades of Kale
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- ☐ Collins Publishers.

Nutrition Facts



 **PROTEIN 16.71%**  **FAT 58.39%**  **CARBS 24.9%**

Properties

Glycemic Index:63.46, Glycemic Load:15.62, Inflammation Score:-10, Nutrition Score:22.602608670359%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg, Kaempferol: 4.99mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 488.47kcal (24.42%), Fat: 31.95g (49.15%), Saturated Fat: 12.88g (80.52%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 25.59g (9.3%), Sugar: 3.92g (4.35%), Cholesterol: 65.4mg (21.8%), Sodium: 838.55mg (36.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.13%), Vitamin A: 7160.1IU (143.2%), Vitamin K: 55.61µg (52.96%), Phosphorus: 337.51mg (33.75%), Calcium: 316.67mg (31.67%), Zinc: 4.13mg (27.5%), Vitamin B12: 1.45µg (24.13%), Selenium: 15.66µg (22.37%), Manganese: 0.44mg (22.21%), Vitamin B6: 0.44mg (22.1%), Vitamin B3: 4.2mg (20.98%), Fiber: 5.07g (20.28%), Vitamin B2: 0.32mg (18.59%), Iron: 3.18mg (17.66%), Vitamin E: 2.63mg (17.56%), Vitamin C: 14.16mg (17.16%), Magnesium: 65.63mg (16.41%), Potassium: 566.59mg (16.19%), Folate: 48.41µg (12.1%), Vitamin B1: 0.16mg (10.63%), Copper: 0.18mg (9.05%), Vitamin B5: 0.5mg (5.05%), Vitamin D: 0.23µg (1.51%)