



WHATSheATE



Beef and Roasted Tomato Mini Tortilla Cups

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 6-inch flour tortilla soft for tacos & fajitas (old el paso®)
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup juice of lime fresh (from 2 limes)
- ☐ 2 cups onion red sliced
- ☐ 8 oz tomato sauce old el paso®

Equipment

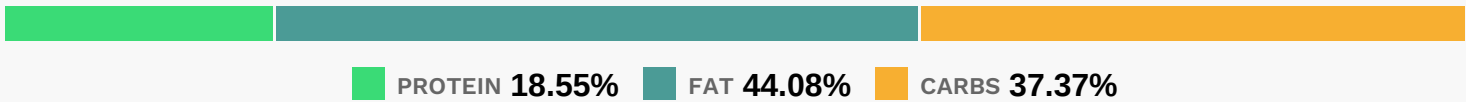
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. In medium nonreactive bowl, stir together onions and lime juice. Cover tightly; refrigerate 1 hour.
- ☐ Place 1 tortilla in each of 12 ungreased regular-size muffin cups, bending each tortilla to fit in cup; spray each tortilla with cooking spray.
- ☐ Bake tortillas 5 minutes.
- ☐ Meanwhile, in 10-inch nonstick skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in cooking sauce. Reduce heat. Simmer 3 to 5 minutes or until mixture thickens.
- ☐ Spoon 2 tablespoons beef mixture in center of each cup.
- ☐ Bake 8 to 10 minutes longer or until tops of tortilla cups are crispy and filling is bubbly. Top each cup with 1 tablespoon pickled onions.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:11.11, Inflammation Score:-6, Nutrition Score:16.129999865656%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 411.07kcal (20.55%), Fat: 20.09g (30.91%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 34.67g (12.61%), Sugar: 6.17g (6.86%), Cholesterol: 53.68mg (17.89%), Sodium: 673.96mg (29.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.05%), Selenium: 25.23µg

(36.05%), Vitamin B3: 6.31mg (31.56%), Phosphorus: 271.54mg (27.15%), Vitamin B12: 1.62µg (26.96%), Vitamin B1: 0.37mg (24.86%), Zinc: 3.67mg (24.45%), Iron: 4.14mg (22.99%), Manganese: 0.42mg (20.84%), Vitamin B6: 0.39mg (19.41%), Folate: 77.24µg (19.31%), Vitamin B2: 0.32mg (19%), Vitamin C: 12.64mg (15.32%), Fiber: 3.65g (14.62%), Potassium: 492.84mg (14.08%), Calcium: 121.59mg (12.16%), Magnesium: 38.67mg (9.67%), Copper: 0.18mg (8.91%), Vitamin B5: 0.69mg (6.85%), Vitamin K: 7.07µg (6.74%), Vitamin E: 0.91mg (6.06%), Vitamin A: 174.82IU (3.5%)