



Beef, Bean, And Vegetable Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce pinto beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes chili-style drained canned
- ☐ 1 cup whole-kernel corn frozen
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 small bell pepper green seeded chopped
- ☐ 0.5 pound ground round
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 1 small onion chopped

- ☐ 2 cups romaine lettuce chopped
- ☐ 1.3 ounce 0%-less-sodium taco seasoning mix
- ☐ 10 taco shells
- ☐ 2 teaspoons vegetable oil

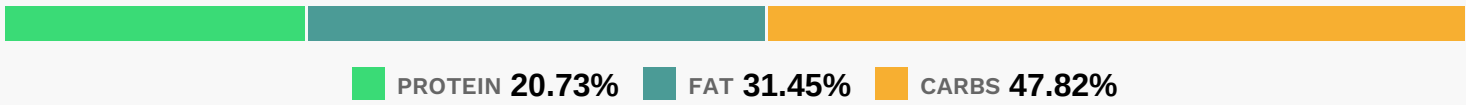
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and pepper; saut 3 minutes.
- ☐ Add beef, and cook until beef is browned and vegetables are tender, stirring to crumble meat.
- ☐ Add corn, taco seasoning mix, tomatoes, and beans; bring to a boil, stirring occasionally. Reduce heat, and simmer, uncovered, 15 minutes or until mixture is slightly thick. Stir in cilantro.
- ☐ Spoon 1/2 cup beef mixture into each taco shell; top evenly with lettuce and cheese.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:15.61, Inflammation Score:-9, Nutrition Score:22.159999759301%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 377.41kcal (18.87%), Fat: 13.6g (20.92%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 36.3g (13.2%), Sugar: 8.92g (9.91%), Cholesterol: 31.86mg (10.62%), Sodium: 1170.41mg (50.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Vitamin A: 2592.66IU (51.85%), Fiber: 10.22g (40.89%), Manganese: 0.68mg (34.23%), Phosphorus: 331.9mg (33.19%), Vitamin K: 33.23µg (31.65%), Vitamin C: 25.66mg (31.11%), Iron: 4.69mg (26.07%), Zinc: 3.69mg (24.59%), Vitamin B6: 0.49mg (24.4%),

Potassium: 837.12mg (23.92%), Folate: 94.98µg (23.75%), Vitamin B3: 4.48mg (22.4%), Magnesium: 87.02mg (21.76%), Copper: 0.4mg (19.76%), Vitamin B12: 1.06µg (17.63%), Selenium: 11.16µg (15.95%), Calcium: 159.14mg (15.91%), Vitamin B1: 0.22mg (14.79%), Vitamin E: 2.13mg (14.18%), Vitamin B2: 0.22mg (13.08%), Vitamin B5: 0.82mg (8.19%)