

# Beef 'n Corn Taco Meat

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**6**

CALORIES



**530 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup olives black sliced
- 0.8 cup knudsen cream sour
- 1 cup regular corn frozen
- 1 lb ground beef lean
- 0.8 cup lettuce shredded
- 0.3 cup pickled jalapeño nacho drained
- 1.5 cups cheddar cheese shredded kraft finely
- 10.8 oz taco bellâ® crunchy taco dinner kit

0.8 cup tomatoes chopped

## Equipment

frying pan

## Directions

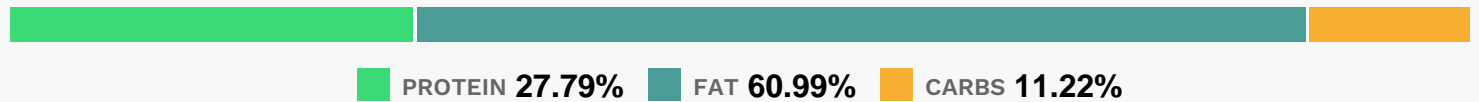
Cook meat with Taco Seasoning

Mix in large skillet as directed on package, adding corn to the browned meat along with the seasoning mix and water.

Meanwhile, heat Taco Shells as directed on package.

Spoon seasoned meat into taco shells; top with Salsa and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:19.911739266437%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 530.19kcal (26.51%), Fat: 36.17g (55.65%), Saturated Fat: 19.04g (118.97%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 13.29g (4.83%), Sugar: 2.46g (2.73%), Cholesterol: 140.34mg (46.78%), Sodium: 693.04mg (30.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.08g (74.17%), Calcium: 585.55mg (58.55%), Phosphorus: 568.26mg (56.83%), Zinc: 6.84mg (45.58%), Vitamin B12: 2.68µg (44.63%), Selenium: 30.41µg (43.44%), Vitamin B2: 0.49mg (28.89%), Vitamin B3: 4.91mg (24.54%), Vitamin B6: 0.44mg (22.01%), Vitamin A: 1028IU (20.56%), Potassium: 514.89mg (14.71%), Magnesium: 57.5mg (14.38%), Iron: 2.57mg (14.29%), Vitamin B5: 1.01mg (10.08%), Folate: 35.44µg (8.86%), Vitamin E: 1.29mg (8.59%), Vitamin K: 7.69µg (7.32%), Vitamin B1: 0.11mg (7.07%), Fiber: 1.69g (6.78%), Copper: 0.13mg (6.39%), Vitamin C: 5.04mg (6.11%), Manganese: 0.1mg (5.03%), Vitamin D: 0.5µg (3.33%)