



## Beef Taco Rice Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 lb ground beef 80% lean (at least )
- ☐ 1 oz taco seasoning
- ☐ 1.5 cups water
- ☐ 1 cup salsa thick
- ☐ 1 cup corn whole frozen (from 1-lb bag)
- ☐ 1.5 cups rice instant uncooked
- ☐ 3 oz cheddar cheese shredded
- ☐ 1 cup lettuce shredded

- ☐ 0.8 cup tomatoes  chopped
- ☐ 1 serving cream  sour

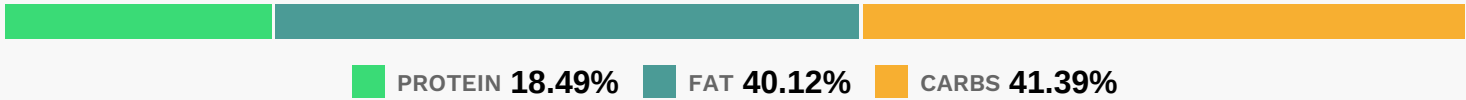
## Equipment

- ☐ frying pan

## Directions

- ☐ In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- ☐ Stir in taco seasoning mix, water, salsa and corn.
- ☐ Heat to boiling; stir in rice. Boil 1 minute; remove from heat. Cover; let stand 8 minutes.
- ☐ Fluff rice mixture with fork; sprinkle with cheese. Cover; let stand 1 to 2 minutes or until cheese is melted.
- ☐ Sprinkle lettuce around edge of skillet; sprinkle tomato in circle next to lettuce.
- ☐ Serve with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:26.24, Glycemic Load:27.02, Inflammation Score:-7, Nutrition Score:17.860869485399%

## Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 552.63kcal (27.63%), Fat: 24.42g (37.56%), Saturated Fat: 10.28g (64.25%), Carbohydrates: 56.68g (18.89%), Net Carbohydrates: 53.52g (19.46%), Sugar: 4.27g (4.75%), Cholesterol: 81.99mg (27.33%), Sodium: 1021.12mg (44.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.64%), Manganese: 0.74mg (36.8%), Vitamin B12: 2.16µg (35.93%), Selenium: 25.11µg (35.87%), Zinc: 5.17mg (34.48%), Phosphorus: 320.67mg (32.07%), Vitamin B3: 5.71mg (28.56%), Vitamin B6: 0.51mg (25.54%), Vitamin A: 1167IU (23.34%), Iron: 3.09mg

(17.18%), Calcium: 168.5mg (16.85%), Potassium: 568.46mg (16.24%), Vitamin B2: 0.25mg (14.62%), Copper: 0.25mg (12.67%), Fiber: 3.16g (12.66%), Magnesium: 49.07mg (12.27%), Vitamin B5: 1.21mg (12.07%), Vitamin C: 7.54mg (9.13%), Vitamin K: 9.57µg (9.11%), Vitamin E: 1.27mg (8.44%), Vitamin B1: 0.12mg (7.94%), Folate: 31.45µg (7.86%), Vitamin D: 0.18µg (1.17%)