



Beef Taco Skillet

READY IN



25 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounces all natural tomato soup healthy request® canned (Regular or)
- ☐ 6 6-inch flour tortilla cut into 1-inch pieces ()
- ☐ 1 pound ground beef
- ☐ 0.5 cup picante sauce pace®
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup water

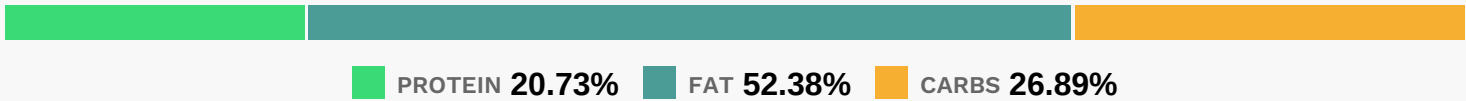
Equipment

- ☐ frying pan

Directions

- ☐ Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat.
- ☐ Pour off any fat.
- ☐ Stir the soup, picante sauce, water and tortillas in the skillet and heat to a boil. Reduce the heat to low. Cook for 5 minutes. Stir the beef mixture. Top with the cheese.
- ☐ Flavor Variation: for Creamy Mexican Fiesta Skillet, stir in 1/2 cup sour cream with the soup.
- ☐ Flavor Variation: for Ranchero-Style Skillet, use corn tortillas instead of flour tortillas and shredded Mexican cheese blend instead of Cheddar.
- ☐ Serve with a mixed green salad with Italian salad dressing and corn on the cob. For dessert serve a store-bought flan.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:11.04, Inflammation Score:-6, Nutrition Score:20.101739111154%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 543.07kcal (27.15%), Fat: 31.47g (48.42%), Saturated Fat: 12.82g (80.13%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 33.36g (12.13%), Sugar: 9.22g (10.25%), Cholesterol: 94.64mg (31.55%), Sodium: 1001.47mg (43.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.06%), Selenium: 33.62µg (48.03%), Vitamin B12: 2.58µg (42.94%), Vitamin B3: 7.81mg (39.04%), Zinc: 5.7mg (38.01%), Phosphorus: 370.58mg (37.06%), Vitamin B6: 0.53mg (26.26%), Potassium: 885.34mg (25.3%), Iron: 4.44mg (24.68%), Vitamin B2: 0.38mg (22.29%), Vitamin B1: 0.32mg (21.51%), Calcium: 205.87mg (20.59%), Manganese: 0.38mg (18.85%), Folate: 54.5µg (13.63%), Vitamin C: 10.45mg (12.66%), Magnesium: 48.83mg (12.21%), Fiber: 3g (11.99%), Vitamin A: 596.19IU (11.92%), Copper: 0.18mg (9.23%), Vitamin K: 9.42µg (8.97%), Vitamin E: 1.23mg (8.18%), Vitamin B5: 0.77mg (7.67%), Vitamin D: 0.2µg (1.32%)