



## Beef Tacos

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup knudsen cream fat free sour
- 1 lb extra-lean ground beef
- 1 cup romaine lettuce shredded
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 16.4 oz taco bellâ® tortilla taco dinner kit soft
- 1 large tomatoes chopped
- 0.8 cup water

## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 425F.
- Cook meat with Taco Seasoning
- Mix as directed on package.
- Meanwhile, crumble 10 sheets of foil to form 10 (2-inch) balls. Fold Tortillas in half; place 1 foil ball inside each folded tortilla to resemble taco shell.
- Place on 2 baking sheets.
- Bake 7 to 8 min. or until golden brown. Cool on baking sheets 5 min. or taco shells are crisp.
- Remove and discard foil.
- Spoon meat mixture into shells; top with remaining ingredients.

## Nutrition Facts

**PROTEIN 34.45%** **FAT 59.73%** **CARBS 5.82%**

## Properties

Glycemic Index:2.17, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.9347825892594%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 86.85kcal (4.34%), Fat: 5.71g (8.79%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.38g (0.43%), Cholesterol: 26.62mg (8.87%), Sodium: 138.39mg (6.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Calcium: 121.6mg (12.16%), Phosphorus: 111.6mg (11.16%), Vitamin B12: 0.58µg (9.71%), Zinc: 1.34mg (8.94%), Selenium: 5.53µg (7.9%), Vitamin A: 309.14IU (6.18%), Vitamin B2: 0.1mg (6.03%), Vitamin B3: 0.92mg (4.58%), Vitamin B6: 0.09mg (4.3%), Iron: 0.5mg (2.77%), Potassium: 90.19mg (2.58%), Vitamin K: 2.56µg (2.44%), Magnesium: 8.99mg (2.25%), Folate: 7.03µg (1.76%), Vitamin B5: 0.17mg (1.67%), Vitamin B1: 0.02mg (1.23%), Copper: 0.02mg (1.11%), Vitamin C: 0.89mg (1.08%)