



Beefy Taco Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings chunky avocado sauce
- ☐ 1 pound extra ground beef lean
- ☐ 6 8-inch flour tortillas ()
- ☐ 1 garlic clove pressed
- ☐ 0.5 head iceberg lettuce shredded
- ☐ 1 small onion chopped
- ☐ 6 servings pinto beans smashed (see recipe)
- ☐ 12 ounce salsa verde divided

- ☐ 1 tablespoon fajita seasoning
- ☐ 6 servings garnish: tomatoes fresh chopped

Equipment

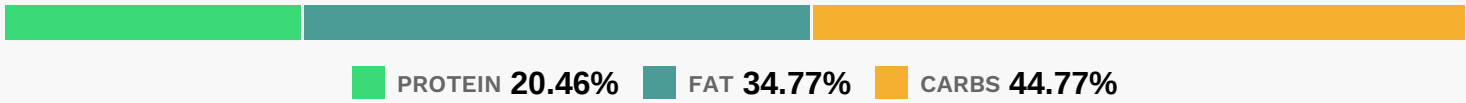
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Cook beef in a nonstick skillet coated with cooking spray 7 minutes or until beef crumbles and is no longer pink.
- ☐ Drain and pat dry with paper towels; set beef aside.
- ☐ Saut onion in skillet coated with cooking spray 5 minutes.
- ☐ Add garlic, and saut 1 minute. Return beef to skillet.
- ☐ Add fajita seasoning and 1/2 cup salsa verde. Cook over medium-high heat 3 minutes or until thoroughly heated and liquid is evaporated.
- ☐ Coat both sides of 1 tortilla with cooking spray.
- ☐ Place tortilla inside a 7-inch oven-safe bowl.
- ☐ Place bowl on a baking sheet.
- ☐ Bake at 350 for 10 to 15 minutes or until golden.
- ☐ Remove tortilla from bowl; bake 5 more minutes.
- ☐ Remove from oven, and let cool 5 minutes. Repeat with remaining tortillas and cooking spray. (You may prepare 2 to 3 bowls at a time in your oven.)
- ☐ Spread 1/4 cup Smashed Pinto Beans evenly over bottom of each tortilla shell.
- ☐ Sprinkle evenly with lettuce and beef mixture. Top evenly with Chunky Avocado Sauce.
- ☐ Serve with remaining salsa verde.
- ☐ Garnish, if desired.

- ☐
- *Canned fat-free refried beans may be substituted.
- ☐
- Note: Salsa verde, also called green salsa, may be found in the Mexican food aisle of supermarket.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:14.59, Inflammation Score:-10, Nutrition Score:41.140869721122%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 619.89kcal (30.99%), Fat: 24.54g (37.76%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 71.11g (23.7%), Net Carbohydrates: 50.93g (18.52%), Sugar: 12.61g (14.01%), Cholesterol: 46.87mg (15.62%), Sodium: 855.44mg (37.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.97%), Folate: 328.74µg (82.18%), Fiber: 20.18g (80.72%), Vitamin K: 68.33µg (65.08%), Manganese: 1.2mg (59.94%), Potassium: 1840.4mg (52.58%), Vitamin B6: 0.99mg (49.46%), Phosphorus: 493.14mg (49.31%), Vitamin B3: 9.68mg (48.38%), Vitamin C: 39.84mg (48.29%), Vitamin A: 2267.45IU (45.35%), Selenium: 30.54µg (43.63%), Iron: 7.61mg (42.27%), Vitamin B1: 0.62mg (41.08%), Zinc: 6.07mg (40.44%), Magnesium: 130.74mg (32.69%), Copper: 0.63mg (31.43%), Vitamin E: 4.6mg (30.64%), Vitamin B2: 0.51mg (30.06%), Vitamin B12: 1.69µg (28.22%), Vitamin B5: 2.38mg (23.8%), Calcium: 201.85mg (20.19%)