



Buffalo Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 8 6-inch corn tortillas ()
- ☐ 3 garlic cloves minced
- ☐ 1 pound ground buffalo lean
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup iceberg lettuce chopped
- ☐ 2 ounces cheddar cheese shredded reduced-fat

- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup olives ripe sliced
- ☐ 1 cup onion chopped (1 small)
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes chopped
- ☐ 0.3 cup tomato paste
- ☐ 2 cups water

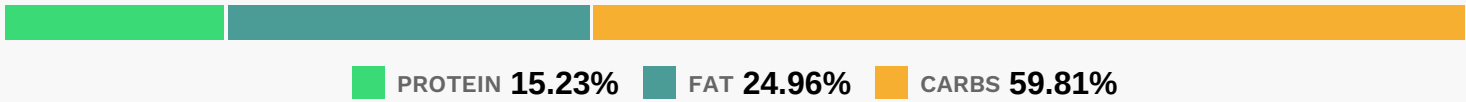
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, garlic, and buffalo; cook 5 minutes or until buffalo is done, stirring to crumble.
- ☐ Add tomato paste and next 4 ingredients (through pepper); stir well to combine. Stir in 2 cups water; bring to a boil. Reduce heat, and simmer 20 minutes or until thick.
- ☐ Warm tortillas according to package directions. Spoon about 1/4 cup meat mixture onto each tortilla; top each tortilla with 2 tablespoons chopped tomato, 2 tablespoons lettuce, 1 tablespoon cheese, 1 1/2 teaspoons olives, and 1 1/2 teaspoons sour cream. Fold in half.

Nutrition Facts



Properties

Glycemic Index:66.13, Glycemic Load:13.05, Inflammation Score:-8, Nutrition Score:12.065652205892%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

0.11mg, Myricetin: 0.11mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 226.99kcal (11.35%), Fat: 6.63g (10.2%), Saturated Fat: 2.1g (13.19%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 29.75g (10.82%), Sugar: 6.35g (7.05%), Cholesterol: 8.01mg (2.67%), Sodium: 728.95mg (31.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Phosphorus: 290.12mg (29.01%), Fiber: 6.01g (24.03%), Manganese: 0.41mg (20.73%), Vitamin A: 904.74IU (18.09%), Vitamin C: 14.3mg (17.33%), Calcium: 163.93mg (16.39%), Magnesium: 64.13mg (16.03%), Potassium: 552.77mg (15.79%), Vitamin B6: 0.29mg (14.65%), Vitamin E: 1.97mg (13.11%), Copper: 0.25mg (12.37%), Vitamin K: 12.62µg (12.02%), Iron: 1.97mg (10.93%), Selenium: 7.48µg (10.69%), Vitamin B3: 1.83mg (9.14%), Zinc: 1.37mg (9.14%), Vitamin B2: 0.14mg (8.5%), Vitamin B1: 0.12mg (7.85%), Folate: 27.84µg (6.96%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.13µg (2.16%)