



Build-Your-Own Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce pinto beans drained canned
- ☐ 1 tablespoon chili powder to taste
- ☐ 0.5 teaspoon ground cumin
- ☐ 12 ounces ground sirloin
- ☐ 0.3 cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup onions chopped
- ☐ 2 cups romaine lettuce shredded

- ☐ 1 cup salsa divided
- ☐ 0.3 cup preshredded 4-cheese mexican-blend cheese reduced-fat
- ☐ 8 baked taco shells
- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ spatula
- ☐ toaster

Directions

- ☐ In a large skillet, heat oil over medium-high heat.
- ☐ Add onion and cook until softened, about 3 minutes.
- ☐ Add ground sirloin and cook, stirring often with a spatula, until meat browns, about 10 minutes; drain excess fat. Stir in 1/2 cup salsa, chili powder, cumin, and pepper. Continue cooking until heated through.
- ☐ Preheat oven or toaster oven to 35
- ☐ Put taco shells on a baking sheet and heat as per package directions.
- ☐ Combine beans and remaining 1/2 cup salsa in a small saucepan. Cook over medium heat, stirring occasionally, until heated through, about 3 minutes. Keep warm.
- ☐ To serve, arrange taco shells on platter.
- ☐ Place meat on a separate serving dish, and put the beans, cheese, lettuce, and sour cream in bowls.
- ☐ Let diners assemble their own tacos.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:14.76, Inflammation Score:-9, Nutrition Score:24.387391328812%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 486.51kcal (24.33%), Fat: 24.91g (38.33%), Saturated Fat: 9.39g (58.66%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 31.47g (11.44%), Sugar: 5.32g (5.91%), Cholesterol: 69.51mg (23.17%), Sodium: 935.55mg (40.68%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.16g (52.32%), Vitamin A: 3053.47IU (61.07%), Phosphorus: 381.12mg (38.11%), Vitamin K: 39.02µg (37.16%), Fiber: 9.26g (37.02%), Zinc: 5.39mg (35.95%), Manganese: 0.68mg (33.94%), Vitamin B12: 1.99µg (33.2%), Vitamin B6: 0.63mg (31.4%), Vitamin B3: 5.78mg (28.88%), Iron: 4.85mg (26.96%), Potassium: 936.25mg (26.75%), Selenium: 17.29µg (24.7%), Magnesium: 92.65mg (23.16%), Folate: 88.64µg (22.16%), Vitamin E: 2.93mg (19.54%), Calcium: 193.16mg (19.32%), Copper: 0.35mg (17.28%), Vitamin B2: 0.27mg (15.69%), Vitamin B1: 0.21mg (13.72%), Vitamin B5: 0.84mg (8.38%), Vitamin C: 4.56mg (5.53%)