



Caribbean-Style Beef Soft Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 8 6-inch corn tortillas
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper diced green
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound ground round
- ☐ 0.5 cup pimiento-stuffed olives chopped

- ☐ 1 plantains diced peeled
- ☐ 2 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt

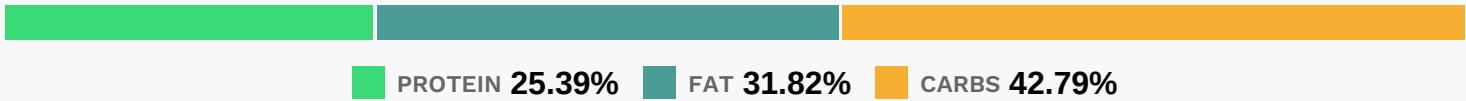
Equipment

- ☐ frying pan

Directions

- ☐ Cook beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Add garlic, bell pepper, and plantain; cook for 3 minutes.
- ☐ Add tomatoes and next 4 ingredients (tomatoes through black pepper); cook 5 minutes, stirring occasionally.
- ☐ Heat the tortillas according to package directions. Spoon 1/2 cup meat mixture onto each tortilla; top each with 1/4 cup lettuce, and roll up.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:12.42, Inflammation Score:-9, Nutrition Score:29.14043475234%

Flavonoids

Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 438.63kcal (21.93%), Fat: 16.04g (24.68%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 48.53g (16.18%), Net Carbohydrates: 40.86g (14.86%), Sugar: 13.92g (15.46%), Cholesterol: 73.71mg (24.57%), Sodium: 793.12mg (34.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.59%), Vitamin A: 2955.59IU (59.11%), Vitamin C: 43.03mg (52.16%), Vitamin B6: 0.9mg (45.22%), Zinc: 6.61mg (44.05%), Vitamin K: 46.22µg (44.01%), Phosphorus: 436.75mg (43.68%), Vitamin B3: 8.37mg (41.85%), Vitamin B12: 2.51µg (41.77%), Selenium: 23.77µg (33.96%), Potassium: 1110.83mg (31.74%), Fiber: 7.67g (30.67%), Iron: 5.39mg (29.95%), Manganese: 0.57mg (28.61%), Magnesium: 106.63mg (26.66%), Copper: 0.44mg (22.21%), Vitamin B2: 0.33mg (19.2%), Vitamin E: 2.59mg (17.26%), Folate: 68.16µg (17.04%), Vitamin B1: 0.24mg (16.24%), Vitamin B5: 1.23mg (12.3%), Calcium:

117.85mg (11.78%)