



CATALINA Taco Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado chopped
- 0.5 cup classic catalina dressing divided kraft
- 2 Tbsp chili powder
- 8 cups torn iceberg lettuce
- 1 lb ground beef lean
- 0.5 cup onions red chopped
- 0.8 cup taco cheese shredded mexican style kraft finely
- 1 tomatoes chopped

1 cup broken tortilla chips

Equipment

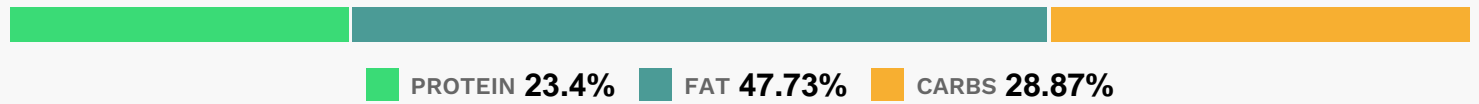
frying pan

Directions

Brown meat in large skillet; drain. Stir in 1/4 cup dressing and chili powder; cook and stir 1 to 2 min. or until heated through.

Cover platter with lettuce; top with chips, meat mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:5.868695675031%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 116.7kcal (5.83%), Fat: 6.27g (9.65%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 6.78g (2.47%), Sugar: 2.78g (3.08%), Cholesterol: 18.05mg (6.02%), Sodium: 153.68mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.83%), Vitamin K: 11.77µg (11.21%), Zinc: 1.52mg (10.13%), Vitamin A: 475.61IU (9.51%), Vitamin B12: 0.56µg (9.33%), Phosphorus: 92.26mg (9.23%), Vitamin B6: 0.17mg (8.31%), Vitamin B3: 1.64mg (8.22%), Selenium: 5.08µg (7.26%), Fiber: 1.75g (7%), Potassium: 217.87mg (6.22%), Vitamin E: 0.88mg (5.84%), Iron: 0.99mg (5.49%), Folate: 20.77µg (5.19%), Vitamin B2: 0.08mg (4.94%), Calcium: 46.38mg (4.64%), Magnesium: 18.07mg (4.52%), Vitamin B5: 0.41mg (4.07%), Manganese: 0.08mg (3.96%), Vitamin C: 2.96mg (3.58%), Copper: 0.06mg (3.18%), Vitamin B1: 0.04mg (2.86%)