

Cheesy Ground Beef Taco Cones with Sour Cream

READY IN



30 min.

SERVINGS



30

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup knudsen cream sour divided
- 8 6-inch flour tortillas warmed ()
- 1 lb ground beef lean
- 2 cups tightly lettuce packed chopped
- 1 cup cheddar cheese shredded kraft
- 1 oz taco bellâ® taco seasoning mix
- 1 cup tomatoes chopped

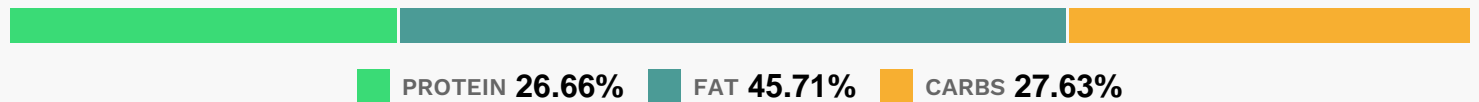
Equipment

- oven
- muffin tray

Directions

- Heat oven to 350F.
- Press 1 tortilla onto bottom and up side of each of 8 nonstick muffin pan cups.
- Bake 10 min.
- Meanwhile, cook meat with seasoning mix as directed on package. Stir in 1/2 cup sour cream.
- Spoon meat mixture into tortilla cups; top with tomatoes, lettuce, cheese and remaining sour cream.

Nutrition Facts



Properties

Glycemic Index:4.37, Glycemic Load:1.35, Inflammation Score:-2, Nutrition Score:3.4621739491172%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 75.29kcal (3.76%), Fat: 3.81g (5.86%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.6g (1.67%), Sugar: 0.91g (1.01%), Cholesterol: 16.53mg (5.51%), Sodium: 172.25mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Selenium: 5.7µg (8.14%), Phosphorus: 70.19mg (7.02%), Zinc: 0.98mg (6.57%), Vitamin B12: 0.39µg (6.51%), Vitamin B3: 1.23mg (6.13%), Calcium: 46.84mg (4.68%), Vitamin A: 227.68IU (4.55%), Vitamin B2: 0.08mg (4.43%), Iron: 0.76mg (4.21%), Vitamin B6: 0.07mg (3.75%), Vitamin B1: 0.05mg (3.5%), Folate: 11.55µg (2.89%), Manganese: 0.05mg (2.69%), Potassium: 90.94mg (2.6%), Fiber: 0.57g (2.3%), Vitamin K: 2.35µg (2.24%), Magnesium: 7.56mg (1.89%), Vitamin C: 1.29mg (1.57%), Vitamin B5: 0.15mg (1.54%), Copper: 0.03mg (1.32%)