



## Cheesy Tacos

 **Gluten Free**  **Low Fod Map**

READY IN



**20 min.**

SERVINGS



**20**

CALORIES



**116 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb ground beef
- 1 cup lettuce shredded
- 8 oz mexican velveeta® cut into 1/2-inch cubes
- 1 cup taco bellâ® & chunky salsa thick
- 1 oz taco bellâ® taco seasoning mix
- 4.5 oz taco bellâ® crunchy taco shells warmed
- 1 cup tomatoes chopped
- 0.3 cup water

# Equipment

frying pan

# Directions

Brown meat in large skillet; drain. Stir in water and seasoning mix.

Add Mexican VELVEETA; cook on low heat until VELVEETA is completely melted, stirring frequently.

Spoon evenly into taco shells.

Top with lettuce, tomatoes and salsa.

# Nutrition Facts



# Properties

Glycemic Index:6.9, Glycemic Load:2.56, Inflammation Score:-3, Nutrition Score:3.6986956557502%

# Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 116.43kcal (5.82%), Fat: 7.74g (11.91%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 5.77g (2.1%), Sugar: 1.48g (1.64%), Cholesterol: 22.11mg (7.37%), Sodium: 283.22mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.89%), Vitamin B12: 0.49µg (8.09%), Zinc: 1.1mg (7.3%), Vitamin A: 327.62IU (6.55%), Vitamin B3: 1.27mg (6.36%), Vitamin B6: 0.12mg (5.83%), Phosphorus: 57.36mg (5.74%), Selenium: 3.83µg (5.47%), Fiber: 1.06g (4.24%), Iron: 0.73mg (4.05%), Potassium: 132.24mg (3.78%), Calcium: 33.73mg (3.37%), Manganese: 0.07mg (3.32%), Magnesium: 12.2mg (3.05%), Vitamin K: 2.96µg (2.82%), Vitamin B2: 0.05mg (2.66%), Vitamin C: 2.01mg (2.43%), Vitamin E: 0.34mg (2.28%), Folate: 8.67µg (2.17%), Vitamin B1: 0.03mg (2.15%), Copper: 0.04mg (1.76%), Vitamin B5: 0.15mg (1.5%)