



## Chili Dog Tacos

 **Gluten Free**  **Popular**

READY IN



20 min.

SERVINGS



10

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 lb ground beef 80% lean (at least )
- 0.5 cup salsa thick
- 16 oz pinto beans drained canned
- 4.6 oz taco shells (12 Count)
- 10 hot dogs
- 5 oz cheddar cheese shredded
- 0.3 cup onion finely chopped

### Equipment

frying pan

oven

## Directions

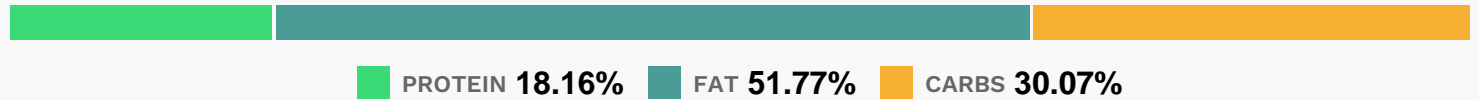
Heat oven to 375°F. In 8-inch nonstick skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in salsa and beans. Cook until thoroughly heated.

Meanwhile, heat taco shells as directed on box.

In 10-inch nonstick skillet, cook hot dogs over medium-high heat 2 to 3 minutes, turning frequently, until browned.

Place hot dogs in taco shells; top each with ground beef mixture, cheese and onion.

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:9.69, Inflammation Score:-4, Nutrition Score:10.920434708181%

## Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 331.23kcal (16.56%), Fat: 19.16g (29.48%), Saturated Fat: 7.79g (48.69%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 21.78g (7.92%), Sugar: 1.37g (1.52%), Cholesterol: 50.53mg (16.84%), Sodium: 664.95mg (28.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Selenium: 20.1µg (28.72%), Phosphorus: 222.74mg (22.27%), Zinc: 2.87mg (19.16%), Vitamin B3: 3.16mg (15.78%), Calcium: 154.02mg (15.4%), Vitamin B12: 0.87µg (14.49%), Vitamin B2: 0.25mg (14.41%), Manganese: 0.28mg (14.2%), Iron: 2.47mg (13.71%), Fiber: 3.26g (13.05%), Vitamin B1: 0.18mg (12%), Folate: 47.78µg (11.94%), Magnesium: 41.68mg (10.42%), Vitamin B6: 0.19mg (9.66%), Potassium: 332.55mg (9.5%), Copper: 0.15mg (7.59%), Vitamin B5: 0.5mg (4.99%), Vitamin E: 0.71mg (4.71%), Vitamin A: 206.73IU (4.13%), Vitamin K: 3.38µg (3.22%), Vitamin C: 0.91mg (1.1%)