



Chipotle Taco Salad



Gluten Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb ground beef
- ☐ 1 cup salsa
- ☐ 2 tablespoons water
- ☐ 6 cups lettuce shredded
- ☐ 4 cups baked tortilla chips
- ☐ 1.5 cups tomatoes chopped
- ☐ 0.5 cup cream fat-free sour
- ☐ 0.3 cup spring onion sliced

☐

1 oz reduced fat mexican blend cheese shredded reduced-fat

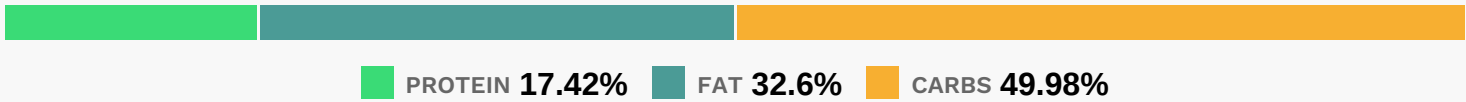
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in 1/2 cup of the salsa and the water; cook 1 minute.
- ☐ Place 1 cup lettuce in each of 6 bowls or shallow plates; top evenly with tortilla chips, tomatoes, beef mixture, remaining 1/2 cup salsa, the sour cream, onions and cheese.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:20.120869486228%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 568.38kcal (28.42%), Fat: 20.67g (31.8%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 71.3g (23.77%), Net Carbohydrates: 65.04g (23.65%), Sugar: 4.76g (5.29%), Cholesterol: 58.33mg (19.44%), Sodium: 729.82mg (31.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Phosphorus: 447.75mg (44.77%), Selenium: 25.61µg (36.59%), Vitamin K: 32.33µg (30.79%), Zinc: 4.62mg (30.77%), Vitamin B12: 1.75µg (29.23%), Magnesium: 107.31mg (26.83%), Vitamin B6: 0.53mg (26.44%), Fiber: 6.26g (25.05%), Calcium: 245.77mg (24.58%), Vitamin B2: 0.41mg (24.22%), Vitamin B3: 4.35mg (21.75%), Potassium: 754.87mg (21.57%), Vitamin A: 1077.57IU (21.55%), Iron: 3.34mg (18.55%), Vitamin B1: 0.27mg (18.07%), Folate: 51.48µg (12.87%), Vitamin E: 1.79mg (11.94%), Vitamin C: 8.88mg (10.76%), Copper: 0.21mg (10.35%), Manganese: 0.2mg (9.78%), Vitamin B5: 0.57mg (5.69%)