



Confetti Beef Taco Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



846 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound ground beef
- ☐ 12 ounce salad greens mixed
- ☐ 1 cup cheddar cheese shredded
- ☐ 1.3 ounce taco seasoning
- ☐ 1 medium tomatoes chopped
- ☐ 3 cups coarsely tortilla chips crushed

Equipment

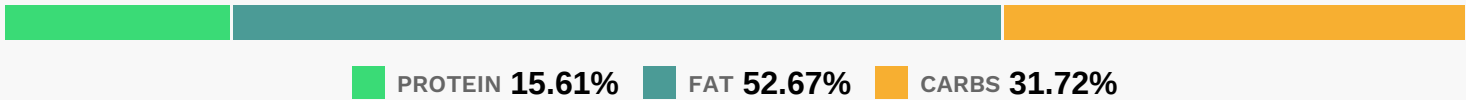
- ☐ bowl

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat large nonstick skillet over medium heat until hot.
- ☐ Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.
- ☐ Pour off drippings. Stir in taco seasoning mix according to package directions; remove seasoned beef from skillet with slotted spoon.
- ☐ Combine seasoned beef, tortilla chips, cheese and tomato in large bowl. Line 4 plates with salad greens. Top with beef mixture. Top with olives, onion and dressing, if desired.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:26.420000143673%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 846.19kcal (42.31%), Fat: 50.26g (77.32%), Saturated Fat: 16.57g (103.54%), Carbohydrates: 68.09g (22.7%), Net Carbohydrates: 61.4g (22.33%), Sugar: 3.24g (3.6%), Cholesterol: 108.76mg (36.25%), Sodium: 1282.04mg (55.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.02%), Phosphorus: 543.17mg (54.32%), Zinc: 7.2mg (47.99%), Vitamin A: 2339.04IU (46.78%), Vitamin B12: 2.73µg (45.44%), Selenium: 29.14µg (41.63%), Vitamin C: 27.93mg (33.86%), Calcium: 325.7mg (32.57%), Vitamin B6: 0.63mg (31.64%), Vitamin B3: 6.18mg (30.91%), Magnesium: 112.09mg (28.02%), Fiber: 6.69g (26.77%), Iron: 4.77mg (26.52%), Vitamin E: 3.89mg (25.92%), Vitamin B2: 0.4mg (23.6%), Vitamin K: 23.17µg (22.07%), Potassium: 704.06mg (20.12%), Vitamin B5: 1.84mg (18.37%), Folate: 60.3µg (15.08%), Vitamin B1: 0.21mg (14.31%), Copper: 0.22mg (11.14%), Manganese: 0.17mg (8.71%), Vitamin D: 0.28µg (1.89%)