



Crunchy Beef Tacos



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz canned tomatoes with juice crushed canned
- ☐ 2 tablespoons chili powder
- ☐ 24 corn tortillas soft
- ☐ 3 cloves garlic minced
- ☐ 1 jalapeño minced seeded
- ☐ 2 pounds ground beef lean
- ☐ 2 tablespoons olive oil
- ☐ 2 large onions chopped

- ☐ 15 servings salt and pepper
- ☐ 2 cups vegetable oil for frying ()

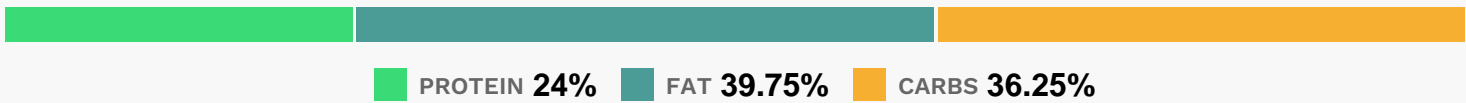
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ tongs
- ☐ candy thermometer

Directions

- ☐ Prepare a large platter lined with paper towels.
- ☐ Pour enough vegetable oil to measure 1-inch deep in a large skillet.
- ☐ Place skillet over medium heat and clip a candy thermometer to the inside.
- ☐ Heat oil until it reaches 365F. Using tongs, place a tortilla in oil and cook for 15 seconds. Flip tortilla and fold in half, using tongs. Cook until crisp, about 15 seconds longer.
- ☐ Drain on platter and sprinkle with salt. Repeat with remaining tortillas, checking that oil returns to 365F before making a new shell.
- ☐ In a pot over medium heat, warm olive oil. Saut onions until softened but not browned, about 10 minutes. Stir in garlic, jalapeo and chili powder; cook until fragrant, about 1 minute longer.
- ☐ Add beef and cook, stirring to break up clumps, until nearly done, about 10 minutes.
- ☐ Pour in tomatoes with juice, season with salt and pepper and cook, stirring often, until most of liquid has evaporated, 20 to 25 minutes. Season with more salt and pepper, if desired.
- ☐ Carefully spoon some of filling into each shell and serve warm.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:9.61, Inflammation Score:-6, Nutrition Score:13.646956626488%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 270.54kcal (13.53%), Fat: 12.22g (18.79%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 20.69g (7.52%), Sugar: 3.66g (4.07%), Cholesterol: 37.5mg (12.5%), Sodium: 340.74mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.2%), Phosphorus: 277.47mg (27.75%), Zinc: 3.85mg (25.7%), Vitamin B3: 4.76mg (23.78%), Vitamin B6: 0.47mg (23.26%), Vitamin B12: 1.35µg (22.58%), Selenium: 13.79µg (19.69%), Fiber: 4.38g (17.5%), Iron: 2.89mg (16.06%), Vitamin K: 16.19µg (15.42%), Manganese: 0.29mg (14.69%), Magnesium: 57.73mg (14.43%), Vitamin E: 2.14mg (14.24%), Potassium: 496.47mg (14.18%), Copper: 0.23mg (11.42%), Vitamin B2: 0.17mg (9.92%), Vitamin C: 7.65mg (9.27%), Vitamin A: 441.39IU (8.83%), Vitamin B1: 0.12mg (7.8%), Calcium: 66.59mg (6.66%), Vitamin B5: 0.62mg (6.21%), Folate: 16.35µg (4.09%)