



Crunchy Beef Tacos

 **Gluten Free**

READY IN



25 min.

SERVINGS



25

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups four cheese shredded mexican style kraft finely
- 0.8 cup knudsen cream sour
- 1 lb ground beef lean
- 0.8 cup lettuce shredded
- 10.8 oz taco bellâ® crunchy taco dinner kit
- 0.8 cup tomatoes chopped

Equipment

- bowl

Directions

- Cook meat with Taco Seasoning
- Mix as directed on package.
- Meanwhile, heat Taco Shells as directed on package.
- Spoon seasoned meat, cheese, Salsa, lettuce, tomatoes and sour cream into separate serving bowls. Pass the taco shells and let everyone build their own tacos.

Nutrition Facts

PROTEIN 31.03% **FAT 65.58%** **CARBS 3.39%**

Properties

Glycemic Index:3.88, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:4.2826086826946%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 110.93kcal (5.55%), Fat: 8.04g (12.36%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.57g (0.63%), Cholesterol: 33.68mg (11.23%), Sodium: 132.89mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.11%), Calcium: 137.71mg (13.77%), Phosphorus: 127.12mg (12.71%), Vitamin B12: 0.64µg (10.71%), Zinc: 1.57mg (10.49%), Selenium: 7.16µg (10.23%), Vitamin B2: 0.11mg (6.52%), Vitamin B3: 1.05mg (5.25%), Vitamin A: 239.33IU (4.79%), Vitamin B6: 0.09mg (4.53%), Iron: 0.54mg (3%), Potassium: 100.62mg (2.87%), Magnesium: 10.2mg (2.55%), Vitamin B5: 0.2mg (2.04%), Vitamin K: 1.5µg (1.43%), Folate: 5.63µg (1.41%), Vitamin E: 0.19mg (1.24%), Copper: 0.02mg (1.18%), Vitamin B1: 0.02mg (1.08%)