



Crunchy Corn Chip Tacos

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



828 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce nacho cheese-flavored corn chips crushed doritos® (such as)
- 1 pound ground beef
- 1 dash pepper sauce hot to taste redhot® (such as Frank's)
- 2 cups mexican cheese blend shredded
- 1 envelope taco seasoning
- 5 taco shells
- 0.8 cup water

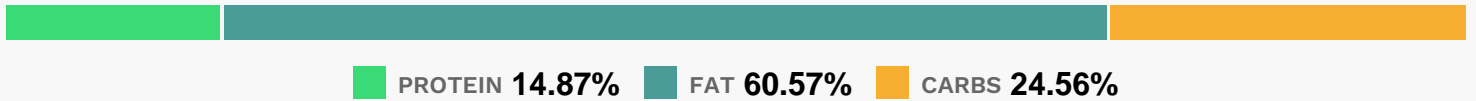
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Brown the ground beef in a large skillet over medium heat until meat is crumbly and no longer pink, about 10 minutes.
- Drain excess grease; stir in water and taco seasoning mix. Reduce heat to low and simmer the meat mixture until thickened, 4 to 6 minutes.
- Bake taco shells on a baking sheet in the preheated oven until crisp, 3 to 4 minutes.
- Let cool for about 5 minutes and break apart into bite-size pieces.
- Transfer seasoned ground beef to a large serving bowl and mix in the nacho cheese corn chips, taco shell pieces, Mexican cheese blend, and hot pepper sauce.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:4.63, Inflammation Score:-7, Nutrition Score:20.418695626052%

Nutrients (% of daily need)

Calories: 827.82kcal (41.39%), Fat: 56.25g (86.54%), Saturated Fat: 18.37g (114.84%), Carbohydrates: 51.33g (17.11%), Net Carbohydrates: 46.49g (16.91%), Sugar: 2.23g (2.48%), Cholesterol: 106.97mg (35.66%), Sodium: 1288.38mg (56.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.14%), Phosphorus: 499.52mg (49.95%), Calcium: 418.52mg (41.85%), Vitamin B12: 2.49µg (41.54%), Zinc: 6.22mg (41.43%), Selenium: 26.07µg (37.25%), Vitamin E: 5.49mg (36.57%), Vitamin B3: 4.68mg (23.42%), Vitamin B6: 0.46mg (22.92%), Magnesium: 85.93mg (21.48%), Vitamin B2: 0.34mg (19.97%), Iron: 3.51mg (19.5%), Fiber: 4.84g (19.37%), Manganese: 0.38mg (19.13%), Vitamin A: 953.97IU (19.08%), Potassium: 408.74mg (11.68%), Vitamin B5: 0.95mg (9.51%), Copper: 0.15mg (7.73%), Vitamin K: 8.07µg (7.69%), Vitamin B1: 0.11mg (7.15%), Folate: 25.9µg (6.47%), Vitamin C: 3.16mg (3.84%), Vitamin D: 0.31µg (2.1%)