



Crunchy Potluck Taco Salad

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 oz taco seasoning
- 1 head lettuce
- 2 medium tomatoes chopped
- 0.5 cup olives ripe sliced
- 0.3 cup spring onion sliced
- 8 oz cheddar cheese shredded
- 0.5 cup salad dressing italian

1 bag tortilla chips crushed

Equipment

bowl

frying pan

Directions

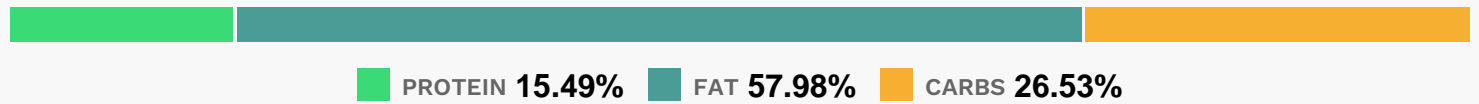
In 10-inch skillet, cook beef and taco seasoning mix as directed on seasoning mix package.

In large bowl, gently mix lettuce, tomatoes, olives, onions and cheese.

Add beef mixture; stir gently to mix.

Just before serving, add dressing and chips; toss.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:13.402608788532%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 410.63kcal (20.53%), Fat: 26.86g (41.33%), Saturated Fat: 9.21g (57.56%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 24.22g (8.81%), Sugar: 3.92g (4.36%), Cholesterol: 54.88mg (18.29%), Sodium: 738.44mg (32.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.29%), Vitamin K: 34.64µg (32.99%), Phosphorus: 265.16mg (26.52%), Calcium: 220.48mg (22.05%), Zinc: 3.3mg (22.01%), Selenium: 14.96µg (21.36%), Vitamin A: 1025.31IU (20.51%), Vitamin B12: 1.21µg (20.18%), Vitamin E: 2.21mg (14.75%), Fiber: 3.44g (13.77%), Vitamin B6: 0.27mg (13.56%), Vitamin B2: 0.21mg (12.33%), Vitamin B3: 2.45mg (12.23%), Magnesium: 48.27mg (12.07%), Iron: 1.97mg (10.94%), Potassium: 350.44mg (10.01%), Folate: 32.79µg (8.2%), Vitamin C: 6.67mg (8.09%), Vitamin B5: 0.76mg (7.64%), Vitamin B1: 0.11mg (7.06%), Manganese: 0.11mg (5.49%), Copper: 0.11mg (5.29%), Vitamin D: 0.18µg (1.21%)