



## Crunchy Potluck Taco Salad

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup spring onion sliced
- 1 head lettuce
- 0.5 cup salad dressing italian
- 1 lb ground beef 80% lean (at least )
- 1 bag tortilla chips crushed
- 0.5 cup olives ripe sliced
- 8 oz cheddar cheese shredded
- 1 package taco seasoning

2 medium tomatoes chopped

## Equipment

bowl

frying pan

## Directions

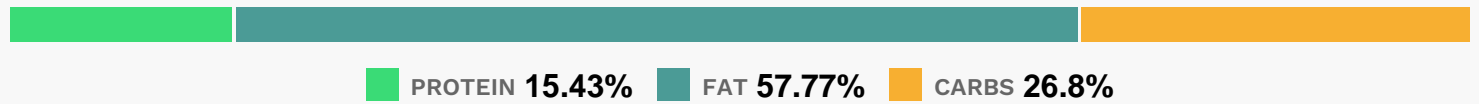
In 10-inch skillet, cook beef and taco seasoning mix as directed on seasoning mix package.

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:13.504347925601%

## 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: 411.88kcal (20.59%), Fat: 26.86g (41.33%), Saturated Fat: 9.21g (57.56%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 24.46g (8.9%), Sugar: 4.05g (4.5%), Cholesterol: 54.88mg (18.29%), Sodium: 792.1mg (34.44%), Alcohol: 0g (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%), Vitamin A: 1087.7IU (21.75%), Selenium: 14.96µg (21.36%), Vitamin B12: 1.21µg (20.18%), Vitamin E: 2.21mg (14.75%), Fiber: 3.57g (14.27%), Vitamin B6: 0.27mg (13.56%), Vitamin B2: 0.21mg (12.33%), Vitamin B3: 2.45mg (12.23%), Magnesium: 48.27mg (12.07%), Iron: 2.01mg (11.18%), Potassium: 350.44mg (10.01%), Vitamin C: 6.97mg (8.45%), Folate: 32.79µg (8.2%), 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%)