



## DOUBLE DECKER Tacos

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

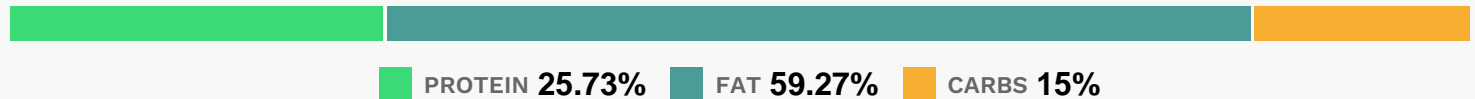
- 1 cup knudsen cream sour
- 1 lb ground beef lean
- 2 cups lettuce shredded
- 16 oz taco bellâ® refried beans canned
- 8 oz cheddar cheese shredded kraft
- 10 taco bellâ® crunchy taco shells
- 16.3 oz taco bellâ® tortilla taco dinner kit soft
- 4 tomatoes chopped

# Equipment

## Directions

- Cook meat with Taco Seasoning
- Mix as directed on package.
- Spread each warmed Soft Tortilla with 2 Tbsp. beans; place crisp taco shell on beans, then fold soft tortilla over taco shell.
- Fill taco shells with seasoned meat; top evenly with cheese, lettuce, tomatoes, Salsa and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:5.83, Glycemic Load:1.87, Inflammation Score:-3, Nutrition Score:4.7569565747095%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 132.67kcal (6.63%), Fat: 8.68g (13.35%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.23g (1.37%), Cholesterol: 30.96mg (10.32%), Sodium: 220mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.95%), Calcium: 150.63mg (15.06%), Phosphorus: 130.45mg (13.05%), Zinc: 1.4mg (9.35%), Selenium: 6.48µg (9.26%), Vitamin B12: 0.54µg (8.92%), Vitamin A: 342.12IU (6.84%), Vitamin B2: 0.11mg (6.41%), Vitamin B3: 0.89mg (4.45%), Vitamin B6: 0.09mg (4.3%), Fiber: 0.99g (3.97%), Iron: 0.63mg (3.5%), Potassium: 116.32mg (3.32%), Magnesium: 13.24mg (3.31%), Vitamin K: 3.02µg (2.88%), Vitamin C: 2.1mg (2.55%), Folate: 9.79µg (2.45%), Manganese: 0.05mg (2.31%), Vitamin B5: 0.18mg (1.81%), Vitamin B1: 0.03mg (1.72%), Vitamin E: 0.25mg (1.67%), Copper: 0.03mg (1.49%)