



## DOUBLE DECKER Veggie Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup knudsen cream sour
- 1 cup each: tomatoes and lettuce chopped
- 16 oz taco bellâ® refried beans canned
- 4 cups vegetables mixed fresh whole red sliced chopped ( peppers, zucchini, onions and kernel corn)
- 1 cup cheddar cheese shredded kraft
- 10 taco bellâ® crunchy taco shells
- 16.4 oz taco bellâ® tortilla taco dinner kit soft
- 0.8 cup water

# Equipment

frying pan

# Directions

Spray large skillet with cooking spray.

Add mixed vegetables; cook and stir on medium heat 2 min.

Add Taco Seasoning

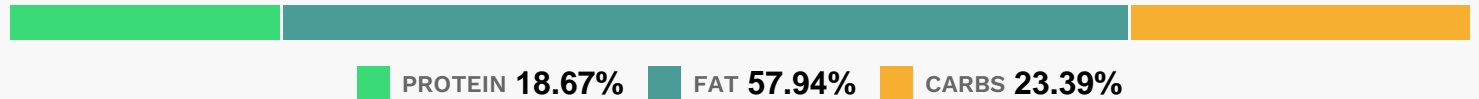
Mix and water; stir until well blended. Bring to boil on medium-high heat. Reduce heat to medium-low; simmer, uncovered, 10 min., stirring occasionally.

Meanwhile, heat Soft Tortillas as directed on package.

Spread each with 2 Tbsp. of the beans; place 1 crisp taco shell on center of each soft tortilla. Wrap soft tortillas around taco shells.

Fill each crisp taco shell with cooked vegetables. Top evenly with cheese, sour cream, tomatoes, lettuce and Salsa.

# Nutrition Facts



# Properties

Glycemic Index:8.3, Glycemic Load:2.96, Inflammation Score:-3, Nutrition Score:4.8256522157918%

# Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 195.25kcal (9.76%), Fat: 12.5g (19.23%), Saturated Fat: 6.68g (41.74%), Carbohydrates: 11.35g (3.79%), Net Carbohydrates: 9.96g (3.62%), Sugar: 1.42g (1.58%), Cholesterol: 34.45mg (11.48%), Sodium: 380.74mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.12%), Calcium: 219.29mg (21.93%), Phosphorus: 163.13mg (16.31%), Selenium: 5.79µg (8.27%), Vitamin B2: 0.13mg (7.54%), Zinc: 1.13mg (7.53%), Vitamin A: 318.9IU (6.38%), Vitamin B12: 0.37µg (6.15%), Fiber: 1.4g (5.59%), Folate: 18.77µg (4.69%), Magnesium: 17.09mg (4.27%), Manganese: 0.06mg (3.12%), Iron: 0.54mg (2.98%), Potassium: 92.16mg (2.63%), Vitamin K: 2.27µg (2.16%), Vitamin B3: 0.39mg (1.95%), Vitamin B1: 0.03mg (1.88%), Vitamin B6: 0.04mg (1.82%), Copper: 0.03mg (1.41%), Vitamin E:

0.19mg (1.28%), Vitamin B5: 0.12mg (1.23%)