



## Double-Layer Beef Tacos

READY IN



32 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounces ground beef 90% lean
- 0.3 teaspoon pepper black
- 1.5 teaspoons canola oil
- 0.5 cup cheddar cheese reduced-fat
- 1.5 teaspoons chili powder
- 4 6-inch flour tortillas ()
- 1 tablespoon garlic minced
- 0.8 teaspoon ground coriander
- 0.8 teaspoon ground cumin

- 0.5 cup iceberg lettuce thinly sliced
- 1 tablespoon jalapeno minced
- 0.1 teaspoon kosher salt
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 0.5 cup onion diced
- 0.5 cup refried beans fat-free
- 4 taco shells hard
- 0.5 cup tomatoes diced
- 2 tablespoons tomato sauce unsalted

## Equipment

- frying pan
- baking sheet
- paper towels
- broiler
- slotted spoon

## Directions

- Preheat broiler to high.
- Heat a large skillet over medium-high heat.
- Add oil; swirl to coat.
- Add onion; saut 4 minutes, stirring occasionally.
- Add garlic and next 6 ingredients (through black pepper); saut 1 minute, stirring constantly.
- Add beef; cook 3 minutes or until browned, stirring to crumble.
- Remove beef mixture from pan using a slotted spoon; drain on paper towels. Return beef mixture to pan; stir in tomato sauce. Cover, reduce heat, and simmer 10 minutes, stirring occasionally.
- Spread 2 tablespoons beans evenly over 1 side of each flour tortilla; sprinkle each with about 2 tablespoons cheese.

- Place tortillas on a baking sheet; broil 2 minutes or until cheese melts. Carefully wrap 1 tortilla around 1 hard taco shell, pressing gently until cheese sticks to shell. Repeat procedure with remaining tortillas and shells. Spoon about 1/4 cup beef mixture into each shell; top each with 2 tablespoons lettuce, 2 tablespoons tomato, and 1 tablespoon sour cream.

## Nutrition Facts

**PROTEIN 19.9%** **FAT 44.13%** **CARBS 35.97%**

### Properties

Glycemic Index:102.25, Glycemic Load:11.22, Inflammation Score:-7, Nutrition Score:14.458260847175%

### Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

### Nutrients (% of daily need)

Calories: 357.74kcal (17.89%), Fat: 17.47g (26.88%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 27.51g (10%), Sugar: 4.14g (4.6%), Cholesterol: 46.8mg (15.6%), Sodium: 688.95mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.45%), Selenium: 19.5µg (27.85%), Phosphorus: 266.89mg (26.69%), Calcium: 213.36mg (21.34%), Zinc: 3.17mg (21.15%), Vitamin B3: 4.12mg (20.6%), Vitamin B12: 1.15µg (19.16%), Manganese: 0.37mg (18.71%), Fiber: 4.53g (18.14%), Iron: 3.24mg (17.99%), Vitamin B6: 0.32mg (15.99%), Vitamin B2: 0.27mg (15.92%), Vitamin B1: 0.24mg (15.79%), Vitamin A: 717.25IU (14.34%), Folate: 54.8µg (13.7%), Vitamin C: 10.12mg (12.27%), Potassium: 396.46mg (11.33%), Magnesium: 41.13mg (10.28%), Vitamin K: 10.69µg (10.18%), Vitamin E: 1.29mg (8.63%), Copper: 0.14mg (6.79%), Vitamin B5: 0.47mg (4.65%), Vitamin D: 0.16µg (1.04%)