



Double-Layer Tacos

READY IN



40 min.

SERVINGS



12

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 6-inch flour tortilla soft for tacos & fajitas (; from two 8.2-oz packages)
- ☐ 1 lb ground beef
- ☐ 1.5 cups lettuce shredded
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 16 oz refried beans canned
- ☐ 0.8 cup salsa (any variety)
- ☐ 1 oz taco seasoning
- ☐ 4.6 oz taco shells
- ☐ 0.8 cup water

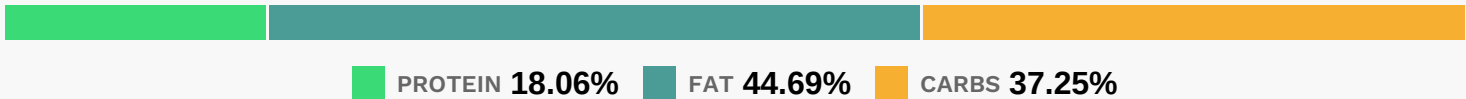
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain. Stir in taco seasoning mix and water. Cook over medium heat 10 to 15 minutes, stirring occasionally.
- ☐ Heat taco shells and flour tortillas as directed on packages.
- ☐ Spread 2 tablespoons heated refried beans on each flour tortilla.
- ☐ Place hard taco shell on center of flour tortilla and gently fold tortilla sides up to match taco shell sides.
- ☐ Spoon 2 tablespoons beef mixture into each double-layer taco shell. Top with salsa, lettuce and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:9.92, Inflammation Score:-5, Nutrition Score:10.141739104105%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 310.53kcal (15.53%), Fat: 15.23g (23.43%), Saturated Fat: 6.36g (39.74%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 24.36g (8.86%), Sugar: 3.51g (3.9%), Cholesterol: 35.25mg (11.75%), Sodium: 854.22mg (37.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.71%), Selenium: 14.41µg (20.58%), Phosphorus: 195.8mg (19.58%), Fiber: 4.21g (16.84%), Vitamin B3: 3.33mg (16.64%), Calcium: 151.05mg (15.11%), Zinc: 2.24mg (14.97%), Iron: 2.67mg (14.85%), Vitamin B12: 0.89µg (14.79%), Vitamin B1: 0.2mg (13.43%), Manganese: 0.24mg (12.23%), Vitamin B2: 0.19mg (11.38%), Folate: 43.31µg (10.83%), Vitamin B6: 0.2mg (10.08%), Vitamin A: 450.69IU (9.01%), Magnesium: 27.81mg (6.95%), Vitamin K: 6.86µg (6.54%), Potassium: 226.93mg (6.48%), Copper:

0.08mg (4.24%), Vitamin E: 0.47mg (3.13%), Vitamin B5: 0.3mg (3%), Vitamin C: 1.62mg (1.97%)