



## Double Tacos

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 6-inch flour tortillas warmed ( )
- 1.3 pounds ground beef
- 0.5 onion chopped
- 4 ounces process cheese food cut into small cubes velveeta® (such as )
- 14 ounce refried beans canned
- 1.3 ounce taco seasoning dry
- 10 taco shells warmed crisp
- 0.8 cup water

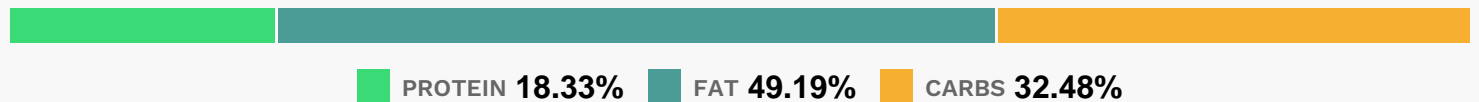
## Equipment

- frying pan
- sauce pan

## Directions

- Cook ground beef and onion in a skillet over medium heat until beef is completely browned, 7 to 10 minutes.
- Drain excess grease from the skillet.
- While beef cooks, stir taco seasoning mix into water in a small saucepan; bring to a boil, reduce heat to low, and simmer for 10 minutes.
- Stir taco seasoning mixture into ground beef and onion mixture; simmer on medium-low heat while preparing the remaining ingredients.
- Stir refried beans and cubed process cheese food together in a separate small saucepan over medium-low heat; cook and stir until cheese food has melted completely into the beans, about 10 minutes.
- Divide refried bean mixture between flour tortillas; spread into an even layer to cover one side completely.
- Wrap tortillas around the crisp taco shells, using bean mixture to stick the tortillas to the shells.
- Spoon seasoned ground beef into the taco shells.

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:10.57, Inflammation Score:-5, Nutrition Score:11.77217396705%

## Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 370.46kcal (18.52%), Fat: 19.96g (30.71%), Saturated Fat: 8.13g (50.8%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 25.39g (9.23%), Sugar: 3.44g (3.82%), Cholesterol: 51.6mg (17.2%), Sodium: 1002.38mg (43.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.47%), Selenium: 18.09µg (25.84%), Phosphorus: 253.63mg (25.36%), Vitamin B12: 1.38µg (23.06%), Zinc: 3.02mg (20.1%), Calcium: 199.4mg (19.94%), Vitamin B3: 3.96mg (19.81%), Fiber: 4.28g (17.12%), Iron: 3.07mg (17.03%), Vitamin B1: 0.21mg (13.7%), Vitamin B2: 0.21mg (12.13%), Vitamin B6: 0.24mg (11.9%), Manganese: 0.23mg (11.7%), Folate: 42.4µg (10.6%), Vitamin A: 474.69IU (9.49%), Magnesium: 29.87mg (7.47%), Potassium: 241.31mg (6.89%), Copper: 0.09mg (4.48%), Vitamin K: 4.53µg (4.31%), Vitamin B5: 0.39mg (3.86%), Vitamin E: 0.41mg (2.71%), Vitamin C: 2mg (2.43%)