



Easy Beef Taco Salads

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 1 lb ground beef
- 10 oz romaine leaves
- 0.5 cup salsa thick
- 4 oz cheddar cheese shredded
- 0.5 cup cream sour
- 1 oz taco seasoning
- 1 medium tomatoes chopped

6 servings tortilla chips

Equipment

bowl

frying pan

Directions

In small bowl, mix sour cream, salsa and 2 teaspoons of the taco seasoning mix; refrigerate while making salad.

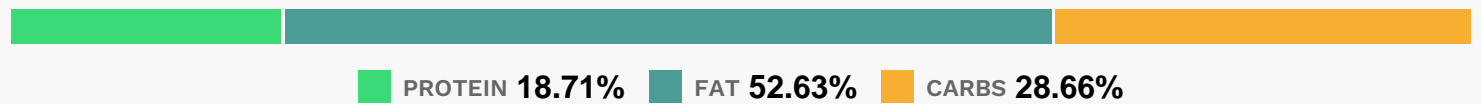
In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in remaining taco seasoning mix and water called for on seasoning mix package. Cook as directed on seasoning mix package.

Divide lettuce among 6 dinner plates. Top each with beef, beans, cheese and tomato.

Drizzle with dressing.

Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:23.119130331537%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 529.68kcal (26.48%), Fat: 31.35g (48.23%), Saturated Fat: 12.22g (76.35%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 30.01g (10.91%), Sugar: 3.66g (4.06%), Cholesterol: 83.88mg (27.96%), Sodium: 1081.79mg (47.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.16%), Vitamin A: 4528.8IU (90.58%), Phosphorus: 385.67mg (38.57%), Fiber: 8.4g (33.6%), Zinc: 4.86mg (32.39%), Vitamin B12: 1.86µg (30.97%), Selenium: 20.03µg (28.61%), Calcium: 246.2mg (24.62%), Iron: 4.17mg (23.18%), Vitamin B2: 0.39mg (22.95%), Vitamin B6: 0.46mg (22.8%), Vitamin B3: 4.45mg (22.25%), Potassium: 708.03mg (20.23%), Magnesium: 79.84mg

(19.96%), Folate: 78.9µg (19.73%), Vitamin C: 15.94mg (19.32%), Manganese: 0.37mg (18.31%), Vitamin B1: 0.24mg (16.18%), Vitamin E: 2.03mg (13.53%), Copper: 0.25mg (12.26%), Vitamin B5: 1.05mg (10.46%), Vitamin K: 10.48µg (9.98%), Vitamin D: 0.19µg (1.26%)