



Easy Beef Taco Salads

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

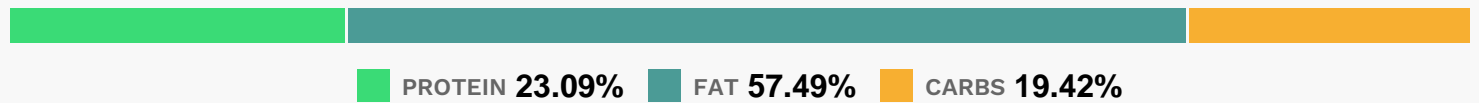
Equipment

- 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:20.749564989753%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, 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: 397.52kcal (19.88%), Fat: 25.55g (39.31%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 12.53g (4.56%), Sugar: 3.44g (3.82%), Cholesterol: 83.88mg (27.96%), Sodium: 989.95mg (43.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Vitamin A: 4527.96IU (90.56%), Phosphorus: 322.67mg (32.27%), Vitamin B12: 1.86µg (30.97%), Zinc: 4.47mg (29.82%), Fiber: 6.89g (27.55%), Selenium: 18.8µg (26.85%), Vitamin B2: 0.37mg (21.8%), Calcium: 216.52mg (21.65%), Vitamin B3: 4.22mg (21.08%), Iron: 3.75mg (20.82%), Vitamin B6: 0.41mg (20.29%), Vitamin C: 15.94mg (19.32%), Folate: 75.54µg (18.89%), Potassium: 657.07mg (18.77%), Manganese: 0.37mg (18.31%), Magnesium: 56.32mg (14.08%), Vitamin B1: 0.2mg (13.56%), Copper: 0.22mg (10.9%), Vitamin B5: 0.71mg (7.14%), Vitamin E: 1.04mg (6.94%), Vitamin K: 4.63µg

(4.41%), Vitamin D: 0.19 μ g (1.26%)