



Easy Beef Taco Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 3 cups water hot
- 1 box crunchy peanut butter
- 15 oz chili beans sauce undrained canned
- 0.3 cup milk
- 1 cup lettuce shredded
- 1 cup tomatoes chopped

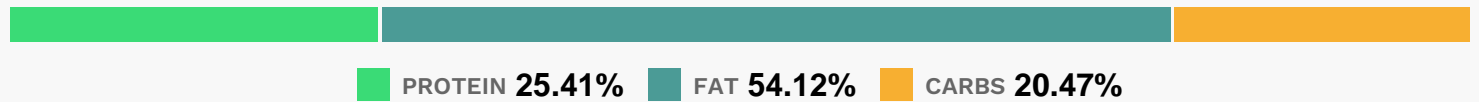
Equipment

- bowl
- frying pan

Directions

- In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Stir in hot water, sauce mix (from Hamburger Helper box) and beans.
- Heat to boiling, stirring occasionally. Stir in uncooked rice (from Hamburger Helper box).
- Reduce heat; cover and simmer about 25 minutes, stirring occasionally, until rice is tender (sauce will thicken as it stands). Meanwhile, in small bowl, stir milk and topping mix (from Hamburger Helper box) 30 seconds; set aside.
- Remove beef mixture from heat. Top each serving with cheese topping, lettuce, tomato and corn chips (from Hamburger Helper box).

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:14.763912988746%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 331.24kcal (16.56%), Fat: 19.69g (30.3%), Saturated Fat: 7.41g (46.33%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 12.64g (4.6%), Sugar: 6.33g (7.04%), Cholesterol: 66.36mg (22.12%), Sodium: 694.56mg (30.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.8g (41.6%), Zinc: 5.65mg (37.68%), Vitamin B12: 2.04µg (33.96%), Phosphorus: 301.41mg (30.14%), Vitamin B6: 0.56mg (28.16%), Vitamin B3: 4.38mg (21.9%), Selenium: 15.05µg (21.5%), Potassium: 744.48mg (21.27%), Iron: 3.49mg (19.36%), Vitamin B2: 0.29mg (17.28%), Fiber: 4.12g (16.47%), Copper: 0.31mg (15.74%), Magnesium: 61.67mg (15.42%), Folate: 37.29µg (9.32%), Vitamin K: 7.85µg (7.47%), Calcium: 72.62mg (7.26%), Vitamin C: 5.93mg (7.19%), Vitamin A: 357.08IU (7.14%), Vitamin B1: 0.1mg (6.62%), Vitamin B5: 0.56mg (5.58%), Vitamin E: 0.76mg (5.05%), Manganese: 0.07mg (3.26%), Vitamin D:

0.27 μ g (1.8%)