

Easy Beef Tacos

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound ground beef 80% lean (at least)
- 1 cup salsa thick
- 4.6 oz taco shells (12 Count)
- 0.5 head lettuce shredded
- 0.8 cup tomatoes chopped
- 4 ounces cheddar cheese shredded

Equipment

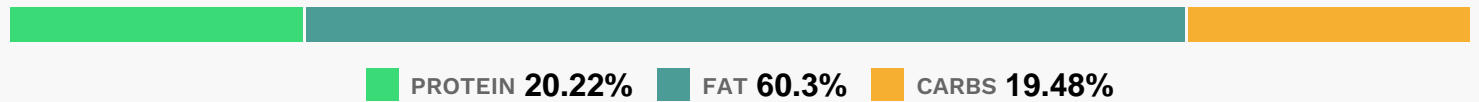
- bowl

frying pan

Directions

- Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- Stir salsa into beef.
- Heat to boiling, stirring constantly; reduce heat to medium-low. Cook 5 minutes, stirring occasionally.
- Pour beef mixture into large serving bowl.
- Heat taco shells as directed on package.
- Serve taco shells with beef mixture, lettuce, tomato and cheese.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:5.38, Inflammation Score:-4, Nutrition Score:8.6604348058286%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 236.88kcal (11.84%), Fat: 15.88g (24.43%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 9.75g (3.54%), Sugar: 2.05g (2.28%), Cholesterol: 43.54mg (14.51%), Sodium: 320.62mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Vitamin B12: 1.09µg (18.18%), Zinc: 2.63mg (17.56%), Phosphorus: 170.38mg (17.04%), Selenium: 10.9µg (15.57%), Vitamin B3: 2.56mg (12.79%), Vitamin B6: 0.25mg (12.34%), Calcium: 114.63mg (11.46%), Vitamin K: 10.68µg (10.17%), Vitamin A: 469.02IU (9.38%), Vitamin B2: 0.14mg (8.51%), Potassium: 292.89mg (8.37%), Manganese: 0.16mg (7.79%), Iron: 1.36mg (7.57%), Fiber: 1.8g (7.2%), Magnesium: 28.61mg (7.15%), Folate: 25.09µg (6.27%), Vitamin E: 0.79mg (5.25%), Vitamin B1: 0.08mg (5.02%), Copper: 0.08mg (3.82%), Vitamin B5: 0.36mg (3.62%), Vitamin C: 2.78mg (3.37%)