



WHATSheATE



Easy Beef Tacos



Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound ground beef 80% lean (at least)
- ☐ 0.5 head lettuce shredded
- ☐ 1 cup salsa thick old el paso®
- ☐ 4 ounces cheddar cheese shredded
- ☐ 10 taco shells old el paso®
- ☐ 0.8 cup tomatoes chopped

Equipment

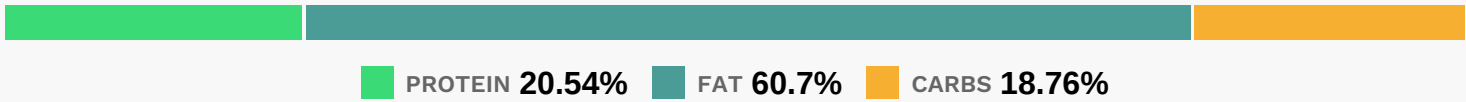
- ☐ bowl

☐ 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:4.98, Inflammation Score:-4, Nutrition Score:8.563043449236%

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: 231.92kcal (11.6%), Fat: 15.65g (24.08%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.15g (3.33%), Sugar: 2.03g (2.26%), Cholesterol: 43.54mg (14.51%), Sodium: 317.25mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.83%), Vitamin B12: 1.09µg (18.18%), Zinc: 2.62mg (17.45%), Phosphorus: 167.96mg (16.8%), Selenium: 10.85µg (15.5%), Vitamin B3: 2.54mg (12.69%), Vitamin B6: 0.24mg (12.24%), Calcium: 113.59mg (11.36%), Vitamin K: 10.59µg (10.09%), Vitamin A: 468.84IU (9.38%), Vitamin B2: 0.14mg (8.47%), Potassium: 290.49mg (8.3%), Manganese: 0.15mg (7.49%), Iron: 1.34mg (7.47%), Magnesium: 27.75mg (6.94%), Fiber: 1.73g (6.92%), Folate: 24.37µg (6.09%), Vitamin E: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.87%), Copper: 0.08mg (3.76%), Vitamin B5: 0.36mg (3.62%), Vitamin C: 2.78mg (3.37%)