

# Easy Ground Beef Tacos Three Ways

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**20**

CALORIES



**174 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz colby & monterey jack cheeses shredded kraft
- 0.8 cup knudsen cream sour
- 1 cup regular corn frozen thawed
- 1 lb ground beef
- 1 cup lettuce shredded
- 8.9 oz taco bellâ® crunchy taco dinner kit
- 1 cup tomatoes fresh chopped

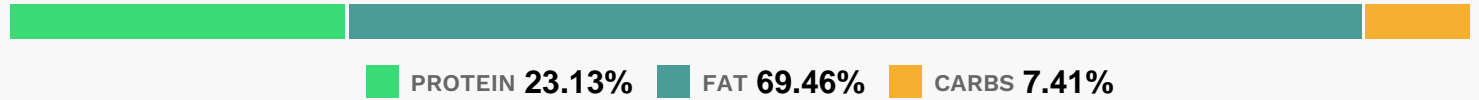
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 300F.
- Brown meat in large skillet on medium-high heat; drain. Stir in corn, Seasoning
- Mix and 3/4 cup water. Bring to boil. Reduce heat to medium-low; simmer 5 min., stirring occasionally.
- Meanwhile, place Taco Shells on baking sheet.
- Bake 3 to 5 min. or until hot.
- Serve taco shells with bowls of seasoned meat, Taco Sauce and remaining toppings.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:5.4513043320697%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 174.2kcal (8.71%), Fat: 13.51g (20.78%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.88g (1.05%), Sugar: 0.77g (0.86%), Cholesterol: 43.88mg (14.63%), Sodium: 163.65mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.24%), Calcium: 174.86mg (17.49%), Phosphorus: 158.84mg (15.88%), Vitamin B12: 0.75µg (12.53%), Zinc: 1.78mg (11.85%), Selenium: 7.32µg (10.45%), Vitamin B2: 0.14mg (8.24%), Vitamin A: 329.58IU (6.59%), Vitamin B3: 1.18mg (5.89%), Vitamin B6: 0.12mg (5.78%), Potassium: 144.07mg (4.12%), Iron: 0.7mg (3.87%), Magnesium: 14.51mg (3.63%), Folate: 11.24µg (2.81%), Vitamin K: 2.61µg (2.49%), Vitamin B5: 0.23mg (2.32%), Vitamin C: 1.79mg (2.17%), Vitamin B1: 0.03mg (1.92%), Manganese: 0.03mg (1.67%), Copper: 0.03mg (1.64%), Vitamin E: 0.24mg (1.57%), Fiber: 0.36g (1.45%), Vitamin D: 0.15µg (1.02%)