



## Easy Skillet Tacos

READY IN



35 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 1 tablespoon chili powder
- ☐ 6 servings flour tortilla warmed
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 pound ground beef
- ☐ 1.5 teaspoons ground cumin
- ☐ 6 servings lettuce diced shredded sour
- ☐ 1 teaspoon olive oil

- ☐ 1 small onion chopped
- ☐ 0.5 cup salsa
- ☐ 1 teaspoon salt
- ☐ 6 ounces cheddar cheese shredded
- ☐ 0.8 cup water

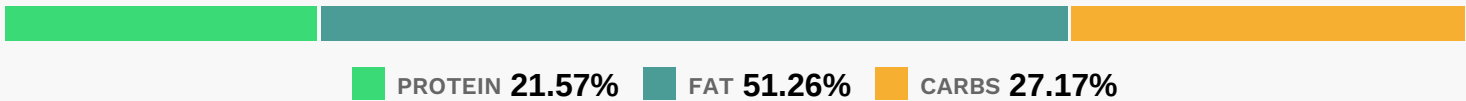
## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Cook ground beef in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink.
- ☐ Drain well.
- ☐ Remove beef; wipe skillet with a paper towel.
- ☐ Saut onion in hot oil in same skillet over medium-high heat.
- ☐ Add chili powder, cumin, salt, and beef. Cook 5 to 7 minutes, stirring occasionally. Stir in beans, tomato sauce, 3/4 cup water, and salsa. Mash pinto beans in skillet with fork, leaving some beans whole. Bring to a boil; reduce heat, and simmer, uncovered, 8 to 10 minutes or until liquid is reduced.
- ☐ Top evenly with cheese and cilantro. Cover, turn off heat, and let stand 5 minutes or until cheese melts.
- ☐ Serve with taco shells or tortillas and desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:41.17, Glycemic Load:9.64, Inflammation Score:-8, Nutrition Score:23.273043409638%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 501.63kcal (25.08%), Fat: 28.81g (44.33%), Saturated Fat: 12.38g (77.35%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 27.31g (9.93%), Sugar: 6.46g (7.17%), Cholesterol: 82.02mg (27.34%), Sodium: 1389.28mg (60.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.54%), Phosphorus: 421.14mg (42.11%), Selenium: 26.92µg (38.46%), Zinc: 5.12mg (34.15%), Calcium: 331.45mg (33.14%), Vitamin B12: 1.92µg (31.97%), Manganese: 0.62mg (30.79%), Vitamin K: 31.2µg (29.71%), Vitamin B3: 5.64mg (28.22%), Fiber: 7.05g (28.21%), Vitamin A: 1404.93IU (28.1%), Iron: 5.06mg (28.09%), Vitamin B6: 0.49mg (24.53%), Vitamin B2: 0.4mg (23.77%), Potassium: 805.12mg (23%), Folate: 89.21µg (22.3%), Vitamin B1: 0.29mg (19.57%), Magnesium: 70.95mg (17.74%), Vitamin E: 2.52mg (16.8%), Copper: 0.31mg (15.43%), Vitamin B5: 0.91mg (9.1%), Vitamin C: 6.97mg (8.45%), Vitamin D: 0.25µg (1.64%)