

Easy Taco Rolls

 Popular

READY IN



40 min.

SERVINGS



8

CALORIES



643 kcal

Ingredients

- ☐ 8.8 ounce no-salt-added whole-kernel corn drained canned
- ☐ 8 10-inch flour tortillas ()
- ☐ 1.5 pounds ground beef
- ☐ 0.5 cup rice instant uncooked
- ☐ 16 ounce salsa
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 ounce taco seasoning
- ☐ 0.5 cup water
- ☐ 15.3 ounce kernel corn whole drained canned

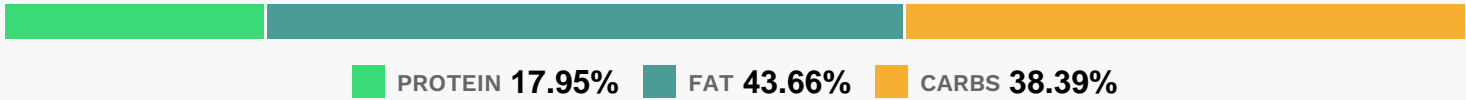
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat an oven to 450 degrees F (230 degrees C).
- ☐ Stir the rice and 1/2 cup water together in a microwave-safe bowl. Cover, and cook in the microwave on High for 6 minutes until the water is fully absorbed; set aside. While the rice is cooking, heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink.
- ☐ Drain and discard any excess grease.
- ☐ Reduce heat to medium, and stir in the taco seasoning, corn, 1/2 cup water, 1 1/2 cups Cheddar cheese, and the cooked rice. Cook and stir until the cheese has melted and the corn is hot. Spoon the mixture into the flour tortillas.
- ☐ Roll into a tight cylinder, and pack into an 8x11-inch baking dish (it will be a tight squeeze).
- ☐ Pour the salsa over top, and sprinkle evenly with 1 1/2 cups Cheddar cheese.
- ☐ Bake in the preheated oven until the cheese topping has melted and is beginning to brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:16.63, Inflammation Score:-7, Nutrition Score:22.323043579641%

Nutrients (% of daily need)

Calories: 642.74kcal (32.14%), Fat: 31.14g (47.91%), Saturated Fat: 12.86g (80.41%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 56.72g (20.63%), Sugar: 6.88g (7.65%), Cholesterol: 81.57mg (27.19%), Sodium: 1521.57mg

(66.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.62%), Selenium: 36.81µg (52.58%), Phosphorus: 443.48mg (44.35%), Vitamin B3: 8.25mg (41.26%), Zinc: 5.2mg (34.63%), Vitamin B12: 2.04µg (34.08%), Manganese: 0.61mg (30.6%), Vitamin B1: 0.44mg (29.49%), Calcium: 288.87mg (28.89%), Vitamin B2: 0.48mg (28.01%), Iron: 5mg (27.76%), Folate: 106.54µg (26.64%), Vitamin B6: 0.46mg (23.04%), Fiber: 4.91g (19.63%), Potassium: 596.64mg (17.05%), Vitamin A: 830.84IU (16.62%), Magnesium: 57.1mg (14.27%), Copper: 0.22mg (11.17%), Vitamin B5: 0.97mg (9.71%), Vitamin K: 9.47µg (9.02%), Vitamin E: 1.24mg (8.27%), Vitamin C: 4.09mg (4.95%), Vitamin D: 0.21µg (1.41%)