



Easy Taco Skillet

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 pound ground beef
- ☐ 1 cup lettuce shredded
- ☐ 1 onion chopped
- ☐ 1 cup converted rice
- ☐ 1 cup mexican cheese blend shredded
- ☐ 1 ounce taco seasoning
- ☐ 2 cups water

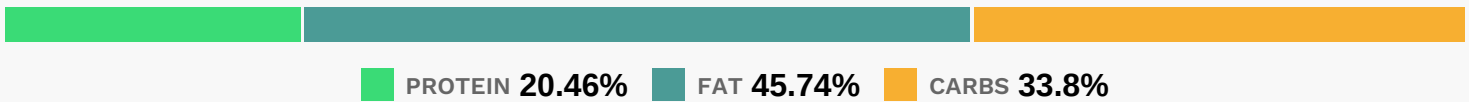
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium heat; cook and stir beef and onion until beef is browned, about 5 minutes.
- ☐ Drain. Stir tomatoes, water, rice, and taco seasoning into beef mixture and bring to a boil. Reduce heat to medium-low, cover, and simmer until rice is tender, about 25 minutes. Top with Mexican cheese blend and lettuce before serving.

Nutrition Facts



Properties

Glycemic Index:39.55, Glycemic Load:25.03, Inflammation Score:-8, Nutrition Score:23.003043651581%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 616.81kcal (30.84%), Fat: 31.31g (48.16%), Saturated Fat: 13.6g (85%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 47.48g (17.27%), Sugar: 7.77g (8.64%), Cholesterol: 107.11mg (35.7%), Sodium: 964.53mg (41.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.5g (63%), Vitamin B12: 2.77µg (46.19%), Zinc: 6.45mg (43%), Selenium: 28.97µg (41.38%), Phosphorus: 399.46mg (39.95%), Manganese: 0.77mg (38.34%), Vitamin B3: 6.88mg (34.38%), Vitamin B6: 0.65mg (32.7%), Calcium: 265.94mg (26.59%), Iron: 4.68mg (26.01%), Vitamin A: 1161.25IU (23.22%), Potassium: 749.8mg (21.42%), Vitamin B2: 0.34mg (20.29%), Copper: 0.4mg (20.01%), Vitamin C: 15.18mg (18.4%), Fiber: 4.57g (18.28%), Magnesium: 63.59mg (15.9%), Vitamin B5: 1.44mg (14.44%), Vitamin E: 1.91mg (12.72%), Vitamin B1: 0.18mg (12.31%), Vitamin K: 12.68µg (12.08%), Folate: 39.08µg (9.77%), Vitamin D: 0.25µg (1.69%)