



Easy Taco-Stuffed Party Sub

READY IN



25 min.

SERVINGS



4

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 oz taco seasoning
- 4 oz cheddar cheese shredded
- 1 loaf bread split french
- 2 tablespoons butter melted
- 1 serving guacamole shredded sour red

Equipment

- baking sheet

- oven
- aluminum foil

Directions

- Heat oven to 350°F. Line cookie sheet with foil.
- Cook beef and taco seasoning mix as instructed on package. Stir in half of the cheese. Spoon beef mixture onto bottom half of bread; sprinkle with remaining cheese.
- Place top half of bread on top, and brush with melted butter.
- Bake about 10 minutes or until cheese is melted and bread is just crisp on outside.
- Cut bread into 4 to 8 pieces.
- Serve with Toppings.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:40.01, Inflammation Score:-8, Nutrition Score:25.692608480868%

Nutrients (% of daily need)

Calories: 725.44kcal (36.27%), Fat: 38.89g (59.84%), Saturated Fat: 17.65g (110.33%), Carbohydrates: 56.41g (18.8%), Net Carbohydrates: 52.86g (19.22%), Sugar: 6.3g (7%), Cholesterol: 122.49mg (40.83%), Sodium: 1466.9mg (63.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37g (73.99%), Selenium: 49.93µg (71.33%), Vitamin B1: 0.77mg (51.05%), Vitamin B3: 9.65mg (48.26%), Vitamin B12: 2.79µg (46.46%), Zinc: 6.64mg (44.28%), Phosphorus: 410.15mg (41.01%), Vitamin B2: 0.69mg (40.45%), Iron: 6.76mg (37.55%), Folate: 135.04µg (33.76%), Manganese: 0.54mg (27.1%), Calcium: 260.95mg (26.09%), Vitamin B6: 0.49mg (24.57%), Vitamin A: 1026.99IU (20.54%), Magnesium: 58.58mg (14.64%), Fiber: 3.55g (14.2%), Potassium: 450.16mg (12.86%), Copper: 0.23mg (11.44%), Vitamin B5: 0.99mg (9.85%), Vitamin E: 0.91mg (6.09%), Vitamin C: 3.21mg (3.9%), Vitamin K: 3.99µg (3.8%), Vitamin D: 0.26µg (1.7%)