



Family Style Taco Fun

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 25 servings base recipe
- 2 Tbsp cilantro leaves chopped
- 1 lb extra ground beef lean
- 2 Tbsp lite ranch dressing kraft
- 3 cups torn salad greens mixed
- 0.3 cup milk sharp cheddar cheese shredded 2% kraft
- 10.8 oz taco bellâ[®] crunchy taco dinner kit
- 0.5 cup tomatoes chopped (1 medium)

- 1 T adult variation
- 25 servings kid variation
- 1 T adul variation
- 25 servings kid variation

Equipment

Directions

- BROWN meat; drain.
- Add Taco Seasoning
- Mix; prepare as directed on package.
- Meanwhile, heat Taco Shells as directed on package.
- ARRANGE greens and tomatoes on two individual serving plates; drizzle with dressing. Top evenly with 1 cup meat mixture, 1/4 cup cheese, 3 Tbsp. Salsa and the cilantro. Break remaining 4 taco shells into large pieces; arrange around edge of salads. Makes 2 adult servings, one salad each.
- SPOON 1 cup meat mixture into 8 of the taco shells. Top evenly with 1/2 cup tomatoes and 1/4 cup cheese.
- Serve with 6 Tbsp. of the Salsa on the side. Makes 4 kid servings, two tacos and 1-1/2 Tbsp. salsa each.

Nutrition Facts



PROTEIN 36.32% **FAT 59.97%** **CARBS 3.71%**

Properties

Glycemic Index:3.88, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.6513043991897%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 81.28kcal (4.06%), Fat: 5.35g (8.23%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.43g (0.48%), Cholesterol: 24.31mg (8.1%), Sodium: 345.58mg (15.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Phosphorus: 101.58mg (10.16%), Vitamin B12: 0.58µg (9.67%), Calcium: 91.84mg (9.18%), Zinc: 1.35mg (9.01%), Selenium: 5.64µg (8.06%), Vitamin B3: 1.09mg (5.45%), Vitamin B2: 0.08mg (4.67%), Vitamin B6: 0.09mg (4.4%), Vitamin A: 173.63IU (3.47%), Iron: 0.57mg (3.17%), Potassium: 94.29mg (2.69%), Vitamin K: 2.33µg (2.22%), Magnesium: 8.77mg (2.19%), Vitamin C: 1.53mg (1.86%), Vitamin B5: 0.17mg (1.73%), Folate: 5.34µg (1.34%), Copper: 0.02mg (1.09%), Vitamin B1: 0.02mg (1.02%)