



Fiesta Spaghetti Tacos

READY IN



25 min.

SERVINGS



5

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 oz pasta like spaghetti uncooked
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 oz beef broth 25%
- ☐ 0.5 cup water
- ☐ 1.3 cups pasta sauce (any variety)
- ☐ 4.7 oz taco shells (10 Count)
- ☐ 0.8 cup tomatoes chopped
- ☐ 2 tablespoons parmesan shredded

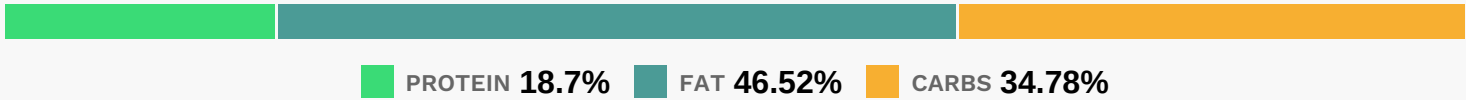
Equipment

☐ frying pan

Directions

- ☐ Cook spaghetti as directed on package; drain.
- ☐ Meanwhile, in 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in taco seasoning mix and water.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 3 to 4 minutes or until thickened. Stir in pasta sauce; cook over medium heat until hot. Stir in cooked spaghetti.
- ☐ Meanwhile, heat taco shells as directed on box. Spoon about 1/2 cup spaghetti mixture into each taco shell; top with tomato and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:20.1, Inflammation Score:-6, Nutrition Score:16.751304312893%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 489.37kcal (24.47%), Fat: 25.13g (38.66%), Saturated Fat: 9.29g (58.07%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 38.4g (13.96%), Sugar: 3.94g (4.38%), Cholesterol: 65.77mg (21.92%), Sodium: 483.88mg (21.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.72g (45.45%), Selenium: 33.62µg (48.03%), Vitamin B12: 1.97µg (32.76%), Zinc: 4.85mg (32.34%), Phosphorus: 294.79mg (29.48%), Vitamin B3: 5.56mg (27.8%), Manganese: 0.51mg (25.62%), Vitamin B6: 0.47mg (23.35%), Iron: 3.23mg (17.95%), Potassium: 617.78mg (17.65%), Magnesium: 65.33mg (16.33%), Fiber: 3.88g (15.52%), Vitamin B2: 0.22mg (13.13%), Copper: 0.26mg (12.77%), Vitamin E: 1.59mg (10.63%), Vitamin B1: 0.15mg (9.72%), Folate: 38.85µg (9.71%), Vitamin A: 471.54IU (9.43%), Vitamin C: 7.35mg (8.91%), Calcium: 84.13mg (8.41%), Vitamin B5: 0.8mg (7.96%), Vitamin K: 7.47µg (7.11%)