



Fiesta Spaghetti Tacos

READY IN



25 min.

SERVINGS



5

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 2 tablespoons parmesan shredded
- ☐ 1.3 cups pasta sauce (any variety)
- ☐ 5 oz pasta like spaghetti uncooked
- ☐ 1 oz taco seasoning 40%
- ☐ 4.7 oz taco shells stuff® (10 shells)
- ☐ 0.8 cup tomatoes chopped
- ☐ 0.5 cup water

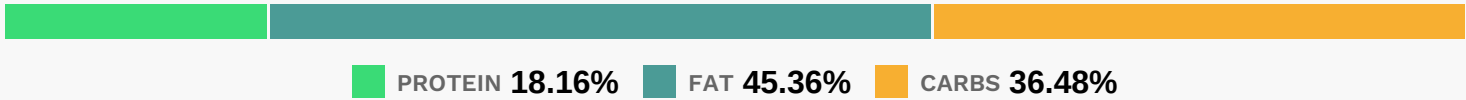
Equipment

- ☐ 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:-7, Nutrition Score:17.611739052379%

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: 499.67kcal (24.98%), Fat: 25.13g (38.66%), Saturated Fat: 9.29g (58.07%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 40.52g (14.74%), Sugar: 5g (5.56%), Cholesterol: 65.77mg (21.92%), Sodium: 930.94mg (40.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.63g (45.26%), 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: 3.61mg (20.07%), Vitamin A: 1003.43IU (20.07%), Fiber: 4.95g (19.78%), Potassium: 606.44mg (17.33%), Magnesium: 65.33mg (16.33%), Vitamin B2: 0.22mg (13.13%), Copper: 0.26mg (12.77%), Vitamin C: 9.9mg (12%), Vitamin E: 1.59mg (10.63%), Vitamin B1: 0.15mg (9.72%), Folate: 38.85µg (9.71%), Calcium: 84.13mg (8.41%), Vitamin B5: 0.8mg (7.96%), Vitamin K: 7.47µg (7.11%)