



## Fiesta Taco Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup knudsen cream sour
- 1 lb ground beef lean
- 4 cups lettuce shredded
- 0.5 cup taco bell® & chunky salsa thick
- 1 cup natural sharp cheddar cheese crumbles kraft
- 1 cup tomatoes chopped
- 4 oz tortilla chips

## Equipment

## Directions

- Brown meat; drain. Stir in salsa.
- Layer chips and lettuce on large platter or 4 individual serving plates.
- Top with the meat mixture, tomatoes and sour cream.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:4.85, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:4.4443477962328%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 91.82kcal (4.59%), Fat: 4.83g (7.44%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.59g (1.67%), Sugar: 0.89g (0.99%), Cholesterol: 21.41mg (7.14%), Sodium: 115.86mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Zinc: 1.5mg (9.98%), Vitamin B12: 0.57µg (9.57%), Phosphorus: 92.47mg (9.25%), Selenium: 5.97µg (8.53%), Vitamin B3: 1.43mg (7.17%), Vitamin B6: 0.13mg (6.38%), Calcium: 56.06mg (5.61%), Vitamin K: 5.76µg (5.49%), Vitamin A: 240.24IU (4.8%), Vitamin B2: 0.08mg (4.55%), Potassium: 151.47mg (4.33%), Iron: 0.74mg (4.13%), Magnesium: 14.37mg (3.59%), Vitamin E: 0.46mg (3.08%), Vitamin B5: 0.28mg (2.79%), Fiber: 0.69g (2.74%), Folate: 8.73µg (2.18%), Vitamin B1: 0.03mg (2.03%), Vitamin C: 1.57mg (1.91%), Copper: 0.04mg (1.88%), Manganese: 0.04mg (1.85%)