



Fun Taco Cups

READY IN



38 min.

SERVINGS



38

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz biscuits refrigerated canned
- 1 lb ground beef lean
- 0.5 cup cheddar cheese shredded kraft
- 1 oz taco bellâ® taco seasoning mix

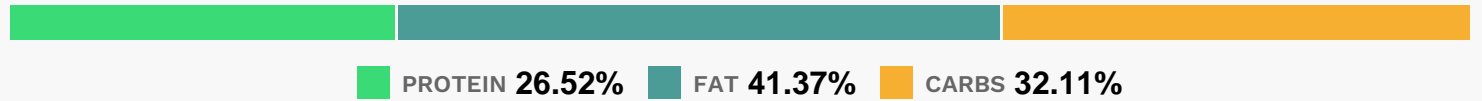
Equipment

- oven
- muffin liners

Directions

- Heat oven to 400F.
- Cook meat with seasoning mix as directed on package.
- Press biscuits onto bottoms and up sides of 10 muffin cups; fill with meat mixture.
- Bake 15 min.
- Sprinkle with cheese; bake 2 to 3 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:2.3, Inflammation Score:-1, Nutrition Score:2.2030434912961%

Nutrients (% of daily need)

Calories: 51.05kcal (2.55%), Fat: 2.33g (3.59%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.84g (1.4%), Sugar: 0.4g (0.45%), Cholesterol: 8.96mg (2.99%), Sodium: 148.07mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Phosphorus: 62.52mg (6.25%), Selenium: 3.9µg (5.57%), Vitamin B12: 0.29µg (4.89%), Zinc: 0.7mg (4.65%), Vitamin B3: 0.91mg (4.53%), Iron: 0.58mg (3.24%), Vitamin B2: 0.05mg (2.8%), Vitamin B6: 0.05mg (2.57%), Vitamin B1: 0.04mg (2.48%), Vitamin A: 85.03IU (1.7%), Potassium: 59.16mg (1.69%), Manganese: 0.03mg (1.53%), Folate: 6.13µg (1.53%), Calcium: 15.24mg (1.52%), Magnesium: 4.3mg (1.07%), Vitamin B5: 0.11mg (1.05%)