



Ground Beef for Tacos



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup catsup
- ☐ 1 pound ground beef lean
- ☐ 1 onion diced
- ☐ 1.3 ounce taco seasoning
- ☐ 0.7 cup water cold

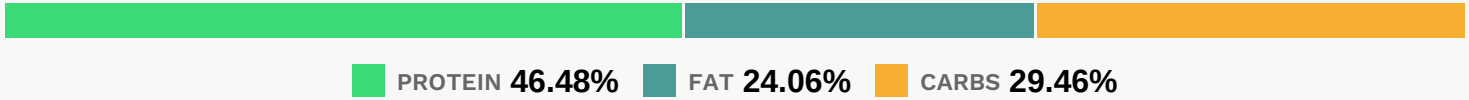
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet over medium heat, brown the ground beef with onion; drain fat.
- ☐ Stir in ketchup, taco seasoning, and cold water. Reduce heat and simmer for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:14.016521764838%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 213.31kcal (10.67%), Fat: 5.73g (8.81%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 13.55g (4.93%), Sugar: 9.22g (10.24%), Cholesterol: 70.31mg (23.44%), Sodium: 1064.78mg (46.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.79%), Vitamin B12: 2.54µg (42.34%), Zinc: 5.87mg (39.16%), Vitamin B3: 6.69mg (33.45%), Selenium: 20.08µg (28.68%), Vitamin B6: 0.52mg (26.25%), Phosphorus: 240.3mg (24.03%), Vitamin A: 985.53IU (19.71%), Iron: 3.46mg (19.22%), Potassium: 516.81mg (14.77%), Vitamin B2: 0.24mg (14.11%), Fiber: 2.22g (8.89%), Vitamin C: 7.25mg (8.79%), Magnesium: 31.99mg (8%), Vitamin B5: 0.78mg (7.76%), Copper: 0.13mg (6.49%), Vitamin E: 0.76mg (5.07%), Vitamin B1: 0.06mg (4.16%), Manganese: 0.08mg (3.83%), Folate: 13.59µg (3.4%), Calcium: 22.21mg (2.22%), Vitamin K: 1.35µg (1.29%)