



## Halloween Monster-Mouth Tacos

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



6

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 plum tomatoes (Roma)
- 12 large pimientos green
- 1.5 oz processed cheese food
- 4.7 oz taco shells (10 Count)
- 0.5 lb ground beef 80% lean (at least )
- 6.3 oz beef broth 25%
- 0.3 cup water
- 1 serving lettuce shredded

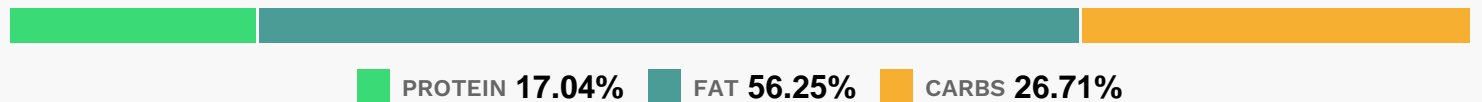
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Cut each tomato lengthwise into 3 pieces. Remaining inside of tomato may be chopped for additional taco filling, if desired.
- Cut slit into 1 side of each olive to make a flat side.
- Cut each of the slices of cheese in half vertically in a zigzag line to look like teeth.
- Heat oven to 350°F. Arrange taco shells on ungreased cookie sheet.
- Bake 5 to 7 minutes or until hot. Meanwhile, in 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in taco seasoning mix and water. Reduce heat to medium; cook about 5 minutes, stirring frequently until water has evaporated.
- To assemble, fill tacos with desired fillings so that hamburger is on the top. Placing each taco on its side on serving plate, insert 1 tomato slice into meat filling to look like tongue.
- Place 1 cheese slice with zigzag edge toward meat along top side of taco between the shell and the filling.
- Place 2 olives, flat sides down, to look like eyes on top of shell.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:8.98, Inflammation Score:-4, Nutrition Score:7.7799999843473%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## **Nutrients (% of daily need)**

Calories: 236.21kcal (11.81%), Fat: 14.72g (22.65%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 13.77g (5.01%), Sugar: 1.4g (1.55%), Cholesterol: 33.92mg (11.31%), Sodium: 273.36mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.07%), Phosphorus: 165.24mg (16.52%), Vitamin B12: 0.92µg (15.25%), Zinc: 2.18mg (14.52%), Selenium: 8.19µg (11.69%), Vitamin B3: 2.17mg (10.87%), Calcium: 108.35mg (10.83%), Vitamin B6: 0.2mg (9.95%), Manganese: 0.18mg (8.86%), Potassium: 295.53mg (8.44%), Fiber: 1.96g (7.84%), Vitamin K: 8.19µg (7.8%), Magnesium: 30.28mg (7.57%), Vitamin A: 370.47IU (7.41%), Iron: 1.3mg (7.22%), Folate: 26.08µg (6.52%), Vitamin C: 5.33mg (6.46%), Vitamin B2: 0.1mg (5.85%), Vitamin B1: 0.08mg (5.3%), Copper: 0.07mg (3.53%), Vitamin E: 0.52mg (3.47%), Vitamin B5: 0.25mg (2.5%)