



## Healthified Taco Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 15 oz pinto beans rinsed drained progresso® canned
- 1 tablespoon chili powder
- 1 lb ground beef 90% lean (at least )
- 3 tablespoons spring onion sliced
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground pepper red (cayenne)
- 12 cups lettuce
- 0.8 cup salsa organic muir glen® (any variety)

- 3 oz sharp cheddar cheese shredded reduced-fat
- 0.8 cup cream fat-free sour
- 1.5 cups tomatoes chopped
- 3 oz tortilla chips
- 0.7 cup water

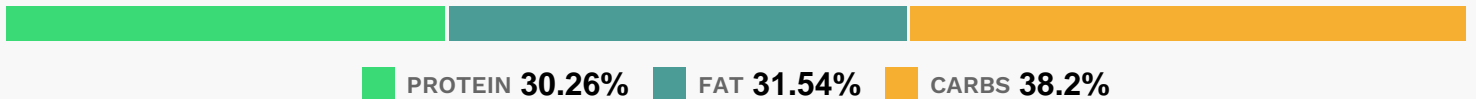
## Equipment

- frying pan

## Directions

- In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in water, chili powder, cumin and ground red pepper; reduce heat to medium-low. Cook about 5 minutes or until most of liquid has evaporated.
- Divide lettuce among 6 salad plates; top each with meat mixture and remaining ingredients except chips. Arrange chips around salad.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.17, Glycemic Load:4.72, Inflammation Score:-9, Nutrition Score:23.402608721153%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

## Nutrients (% of daily need)

Calories: 349.47kcal (17.47%), Fat: 12.51g (19.24%), Saturated Fat: 4.98g (31.15%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 26.74g (9.72%), Sugar: 6.22g (6.91%), Cholesterol: 63.63mg (21.21%), Sodium: 672.99mg (29.26%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.01%), Vitamin K: 51.69µg (49.23%), Phosphorus: 393.22mg (39.32%), Vitamin A: 1849.64IU (36.99%), Zinc: 5.53mg (36.86%), Vitamin B12: 1.93µg (32.17%), Fiber: 7.36g (29.43%), Selenium: 20.05µg (28.65%), Vitamin B6: 0.57mg (28.43%), Vitamin B3: 5.43mg (27.17%), Potassium: 944.26mg (26.98%), Manganese: 0.53mg (26.37%), Calcium: 239mg (23.9%), Iron: 4.3mg (23.86%), Magnesium: 81.2mg (20.3%), Folate: 79.63µg (19.91%), Vitamin B2: 0.32mg (18.7%), Vitamin E: 2.62mg (17.48%), Copper: 0.3mg (14.84%), Vitamin C: 10.87mg (13.17%), Vitamin B1: 0.19mg (12.91%), Vitamin B5: 1.05mg (10.52%), Vitamin D: 0.16µg (1.07%)