



 14%  
HEALTH SCORE

## Hearty Taco Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



715 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cup beans red canned rinsed drained
- 1.3 cups tortilla chips crushed
- 2 tablespoons olives ripe drained sliced
- 0.3 cup onion chopped
- 3 tablespoons ranch dressing prepared
- 3 tablespoons salad dressing green
- 2 cups the salad mixed
- 0.5 cup cheddar cheese shredded

- 2 tablespoons taco seasoning
- 1 medium tomatoes diced
- 0.3 cup water

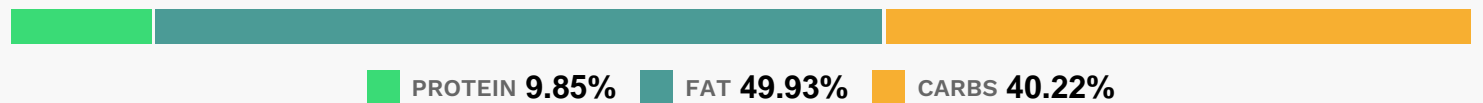
## Equipment

- bowl
- frying pan

## Directions

- In a small skillet, cook beef over medium heat until no longer pink; drain. Stir in water and taco seasoning. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool slightly.
- Divide the salad greens between two salad bowls or plates. Top with beans, half of the tortilla chips and the beef mixture.
- Sprinkle with cheese, tomato, onion, olives and remaining chips; drizzle with salad dressings.

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:5.61, Inflammation Score:-9, Nutrition Score:22.00260859987%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

## Nutrients (% of daily need)

Calories: 715.12kcal (35.76%), Fat: 40.64g (62.52%), Saturated Fat: 9.89g (61.79%), Carbohydrates: 73.68g (24.56%), Net Carbohydrates: 63.29g (23.02%), Sugar: 8.59g (9.55%), Cholesterol: 34.1mg (11.37%), Sodium: 1401.07mg (60.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.06%), Vitamin K: 66.29µg (63.13%), Phosphorus: 466.39mg (46.64%), Fiber: 10.38g (41.53%), Calcium: 331.9mg (33.19%), Vitamin A: 1534.39IU (30.69%), Vitamin E: 4.37mg (29.11%), Magnesium: 111.17mg (27.79%), Vitamin C: 21.1mg (25.58%), Manganese: 0.43mg (21.55%), Selenium: 13.67µg (19.53%), Zinc: 2.86mg (19.07%), Potassium: 661.82mg (18.91%), Vitamin B6:

0.35mg (17.34%), Vitamin B2: 0.29mg (17.14%), Vitamin B1: 0.26mg (17.06%), Iron: 3.03mg (16.86%), Folate: 66.53µg (16.63%), Copper: 0.3mg (14.87%), Vitamin B5: 1.39mg (13.92%), Vitamin B3: 1.72mg (8.61%), Vitamin B12: 0.34µg (5.63%), Vitamin D: 0.19µg (1.28%)