



## Idaho Tacos

 **Gluten Free**

READY IN



**55 min.**

SERVINGS



**55**

CALORIES



**43 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.3 lb baking potatoes
- 1 cup four cheese shredded mexican style kraft finely
- 0.5 cup knudsen cream sour
- 4 green onions sliced
- 1 lb ground beef
- 1.3 oz taco bellâ® taco seasoning mix

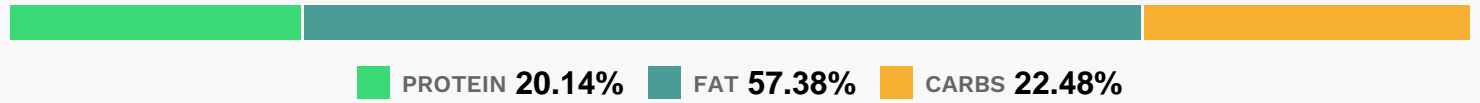
## Equipment

- oven

## Directions

- Heat oven to 425F.
- Prick each potato several times.
- Bake 45 min. or until tender.
- Meanwhile, cook meat with seasoning mix as directed on package.
- Cut slits in tops of potatoes; top with meat mixture and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:2.61, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:1.6504347680703%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 43.1kcal (2.16%), Fat: 2.76g (4.25%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.16g (0.78%), Sugar: 0.28g (0.31%), Cholesterol: 9.14mg (3.05%), Sodium: 72.25mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin B12: 0.2µg (3.38%), Vitamin B6: 0.06mg (3.25%), Zinc: 0.46mg (3.07%), Phosphorus: 30.02mg (3%), Selenium: 1.94µg (2.77%), Vitamin B3: 0.46mg (2.31%), Vitamin K: 2.22µg (2.12%), Vitamin A: 102.86IU (2.06%), Potassium: 71.86mg (2.05%), Calcium: 20.09mg (2.01%), Iron: 0.31mg (1.72%), Vitamin B2: 0.03mg (1.7%), Vitamin C: 1.06mg (1.29%), Magnesium: 4.71mg (1.18%), Fiber: 0.28g (1.11%)