



iHungry Spaghetti Tacos

READY IN



25 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups tomatoes canned crushed
- 1 cup lettuce shredded
- 0.7 cup onion chopped
- 1.5 cup cheddar cheese fat-free shredded
- 2 cups soy crumbles frozen ground-beef-style (recommended brand: Morningstar Farms)
- 0.5 tablespoon taco seasoning
- 12 corn taco shells (flat-bottomed shells, if available)
- 4 ounces pasta like spaghetti whole-wheat uncooked (half an 8-ounce box or)

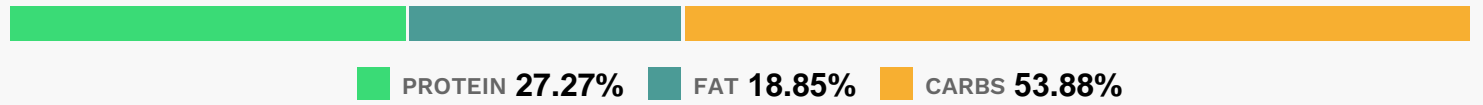
Equipment

- frying pan
- stove

Directions

- Break pasta in half and prepare per package instructions, about 7 minutes. Bring a large skillet sprayed with nonstick spray to medium-high heat on the stove.
- Add soy crumbles, crushed tomatoes, and taco seasoning, and mix well. Cook and stir until hot, 2 to 4 minutes.
- Drain the pasta and add it to the skillet.
- Mix well. Evenly distribute the pasta among the taco shells, about 1/3 cup per shell. Top each evenly with cheese, onion, and lettuce. Tada!

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:11.36, Inflammation Score:-8, Nutrition Score:24.504347697548%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 340.85kcal (17.04%), Fat: 7.41g (11.4%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 42.72g (15.53%), Sugar: 11.12g (12.36%), Cholesterol: 6.51mg (2.17%), Sodium: 1225.08mg (53.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.22%), Phosphorus: 746.67mg (74.67%), Vitamin B12: 2.93µg (48.89%), Calcium: 472.76mg (47.28%), Manganese: 0.9mg (44.99%), Selenium: 27.72µg (39.6%), Vitamin B1: 0.59mg (39.31%), Vitamin B3: 5.74mg (28.69%), Vitamin B6: 0.51mg (25.52%), Vitamin B2: 0.43mg (25.4%), Zinc: 3.42mg (22.83%), Vitamin A: 1125.34IU (22.51%), Magnesium: 86.99mg (21.75%), Iron: 3.82mg (21.21%), Fiber: 4.91g (19.65%), Potassium: 597.36mg (17.07%), Folate: 60.65µg (15.16%), Copper: 0.28mg (14.09%),

Vitamin C: 9.17mg (11.11%), Vitamin K: 10.9µg (10.38%), Vitamin E: 1.36mg (9.06%), Vitamin B5: 0.44mg (4.43%)