



Inside-Out Taco Salad Wraps

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



473 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large avocado pitted ripe peeled coarsely chopped
- 12 large leaves boston lettuce dry with paper towels rinsed
- 0.3 cup cilantro leaves fresh coarsely chopped
- 0.3 cup spring onion chopped (4 medium)
- 18 oz sauce refrigerated with seasoned ground beef
- 0.7 cup jicama diced peeled
- 2 teaspoons juice of lime fresh
- 0.5 teaspoon liquid smoke

- 2.3 oz olives ripe drained sliced canned
- 0.5 cup peach preserves
- 1 cup salsa thick
- 2 oz sharp cheddar cheese shredded finely
- 1.8 cups tortilla chips crushed
- 0.5 teaspoon worcestershire sauce

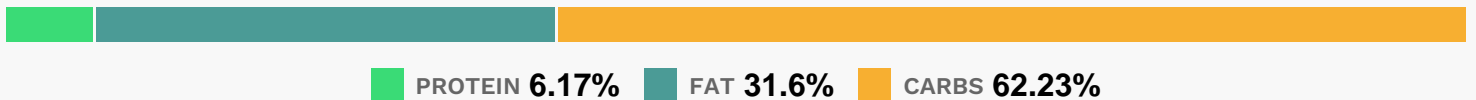
Equipment

- bowl
- microwave

Directions

- In small bowl, mix all dipping sauce ingredients; set aside. In another small bowl, mix jicama with 1 teaspoon of the lime juice. In third small bowl, mix avocado with remaining teaspoon lime juice.
- Heat taco sauce with ground beef in microwave as directed on container.
- On large serving platter, layer crushed chips, warm taco sauce with ground beef, jicama, avocado, onions, olives and cheese.
- Sprinkle cilantro over top. On large plate, arrange lettuce leaves.
- To serve, spoon about 1/3 cup layered fillings onto each lettuce leaf; wrap lettuce around filling.
- Serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:11.02, Inflammation Score:-8, Nutrition Score:13.843913109406%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 472.66kcal (23.63%), Fat: 16.99g (26.13%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 75.26g (25.09%), Net Carbohydrates: 68.59g (24.94%), Sugar: 36.33g (40.37%), Cholesterol: 9.45mg (3.15%), Sodium: 1664.43mg (72.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Vitamin K: 57.68µg (54.93%), Vitamin A: 1478.77IU (29.58%), Fiber: 6.67g (26.68%), Vitamin E: 3.08mg (20.53%), Phosphorus: 170.74mg (17.07%), Folate: 65.23µg (16.31%), Vitamin C: 12.22mg (14.82%), Calcium: 146.16mg (14.62%), Magnesium: 56.08mg (14.02%), Potassium: 482.87mg (13.8%), Vitamin B6: 0.27mg (13.64%), Vitamin B5: 1.07mg (10.71%), Vitamin B2: 0.17mg (10.17%), Copper: 0.19mg (9.34%), Iron: 1.64mg (9.12%), Manganese: 0.18mg (9.05%), Zinc: 1.24mg (8.25%), Selenium: 5.65µg (8.08%), Vitamin B1: 0.12mg (7.84%), Vitamin B3: 1.56mg (7.8%), Vitamin B12: 0.1µg (1.67%)