



Italian-Style Tacos

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bell pepper green chopped
- 1 lb sausage italian
- 1.5 cups low-moisture part-skim mozzarella cheese shredded kraft
- 3 Tbsp parmesan cheese grated kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 12 taco bellâ® crunchy taco shells warmed
- 1 tomatoes chopped

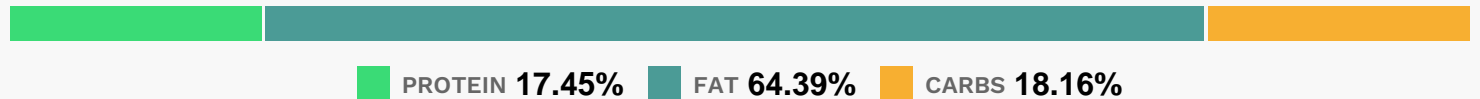
Equipment

frying pan

Directions

- Cook sausage and peppers in large skillet 8 to 10 min. or until sausage is done, stirring occasionally; drain.
- Stir in pasta sauce; simmer 5 min. or until heated through, stirring occasionally.
- Fill taco shells with sausage mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:2.57, Inflammation Score:-2, Nutrition Score:3.9221739263638%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 115.16kcal (5.76%), Fat: 8.24g (12.68%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.93g (1.03%), Cholesterol: 18.61mg (6.2%), Sodium: 273.46mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Selenium: 6.04µg (8.63%), Vitamin B1: 0.12mg (8.33%), Phosphorus: 80.2mg (8.02%), Vitamin C: 5.89mg (7.14%), Calcium: 69.91mg (6.99%), Vitamin B6: 0.1mg (5.02%), Zinc: 0.68mg (4.51%), Vitamin B3: 0.9mg (4.51%), Vitamin B2: 0.07mg (4.08%), Vitamin B12: 0.23µg (3.81%), Potassium: 129.61mg (3.7%), Manganese: 0.07mg (3.58%), Vitamin A: 160.74IU (3.21%), Magnesium: 12.3mg (3.07%), Fiber: 0.75g (2.99%), Iron: 0.5mg (2.76%), Copper: 0.05mg (2.29%), Folate: 8.6µg (2.15%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.77µg (1.68%), Vitamin B5: 0.15mg (1.54%)