

Italian Tacos

 Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef
- 0.5 pound ground sausage italian
- 1 tablespoon seasoning dried italian
- 16 ounce pasta sauce
- 3 cups mozzarella cheese shredded
- 1 teaspoon sugar
- 16 taco shells

Equipment

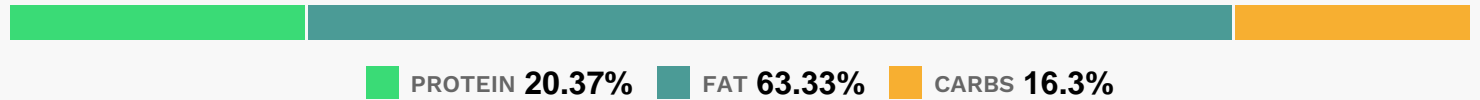
frying pan

sauce pan

Directions

- Combine the ground beef and Italian sausage in a large heavy skillet. Cook over medium heat until evenly browned.
- Drain off excess grease, and season meat with Italian seasoning.
- Heat the pasta sauce in a saucepan over medium heat until heated through. When the sauce is warm, stir in the sugar.
- Fill taco shells with the meat mixture, spoon pasta sauce over, and top with mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:15.19, Glycemic Load:5.45, Inflammation Score:-3, Nutrition Score:8.0673912815426%

Nutrients (% of daily need)

Calories: 249.77kcal (12.49%), Fat: 17.52g (26.95%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 8.78g (3.19%), Sugar: 1.67g (1.85%), Cholesterol: 47.49mg (15.83%), Sodium: 427.62mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Vitamin B12: 1.21µg (20.24%), Phosphorus: 175.34mg (17.53%), Selenium: 12.1µg (17.28%), Zinc: 2.32mg (15.44%), Calcium: 134.67mg (13.47%), Vitamin B3: 2.2mg (11%), Vitamin B6: 0.2mg (9.86%), Vitamin B2: 0.15mg (9.11%), Vitamin B1: 0.13mg (8.82%), Iron: 1.39mg (7.74%), Potassium: 244.23mg (6.98%), Manganese: 0.13mg (6.58%), Magnesium: 26.06mg (6.52%), Fiber: 1.36g (5.45%), Vitamin A: 272.07IU (5.44%), Vitamin E: 0.7mg (4.69%), Vitamin K: 4.76µg (4.54%), Folate: 16.16µg (4.04%), Copper: 0.08mg (3.96%), Vitamin B5: 0.33mg (3.35%), Vitamin C: 2.28mg (2.76%)