



## Jamie's Taco Salad

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



612 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 box crunchy peanut butter
- 2.5 cups water
- 2 lbs ground beef 80% lean (at least )
- 8 oz cream sour
- 4 oz cream cheese softened (half of 8-oz package)
- 4 cups the of 1 cos lettuce chopped
- 2 medium plum tomatoes chopped (Roma)
- 4 oz cheddar cheese shredded

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- In 1-quart saucepan, heat 1 1/4 cups of the water, and the uncooked rice and topping (from Hamburger Helper box) to boiling over medium-high heat. Reduce heat; cover and simmer about 25 minutes or until rice is cooked and liquid is absorbed.
- Meanwhile, in 12-inch nonstick skillet, cook beef over medium-high heat, stirring frequently, until brown; drain.
- Add remaining 1 1/4 cups water and sauce mix (from Hamburger Helper box). Cook about 4 minutes, stirring frequently, until mixture is thickened.
- Meanwhile, in medium bowl, mix sour cream and cream cheese until smooth.
- Spread sour cream mixture in even layer on large platter. Top with beef mixture, followed by rice mixture. Top with lettuce, tomato, Cheddar cheese and corn chips (from Hamburger Helper box).
- Serve immediately.

## Nutrition Facts

 **PROTEIN 21.7%**  **FAT 74.93%**  **CARBS 3.37%**

## Properties

Glycemic Index:15.33, Glycemic Load:0.62, Inflammation Score:-9, Nutrition Score:22.808695689492%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 612.17kcal (30.61%), Fat: 50.72g (78.03%), Saturated Fat: 22.9g (143.1%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.99g (3.32%), Cholesterol: 167.64mg (55.88%), Sodium: 305.25mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.11%), Vitamin A: 3579.97IU (71.6%), Vitamin B12: 3.56µg (59.28%), Zinc: 7.35mg (49.03%), Selenium: 31.19µg (44.56%), Phosphorus: 389.29mg (38.93%), Vitamin K: 37.89µg (36.08%), Vitamin B3: 6.7mg (33.48%), Vitamin B6: 0.57mg (28.4%), Vitamin B2: 0.44mg (25.84%), Calcium: 232.79mg (23.28%), Iron: 3.37mg (18.74%), Potassium: 622.6mg (17.79%), Folate: 64.39µg (16.1%), Vitamin B5: 1.14mg (11.37%), Magnesium: 44.2mg (11.05%), Vitamin E: 1.23mg (8.2%), Copper: 0.15mg (7.63%), Vitamin B1: 0.11mg (7.52%), Vitamin C: 4.42mg (5.36%), Manganese: 0.1mg (4.92%), Fiber: 0.92g (3.68%), Vitamin D: 0.26µg (1.76%)