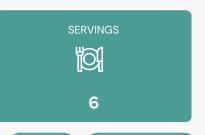


Jamie's Taco Salad

Gluten Free







SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

I 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 11/4 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, Kaempferol: 0.02mg, Myricetin: 0.03mg, 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: Og (100%), Alcohol %: O% (100%), Protein: 33.06g (66.11%), Vitamin A: 3579.97lU (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: O.1mg (4.92%), Fiber: 0.92g (3.68%), Vitamin D: 0.26µg (1.76%)