



WHATSheATE



Lazy Katie's Taco Salad



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



873 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce tortilla chips
- ☐ 1 pound ground beef
- ☐ 0.8 cup taco sauce
- ☐ 0.5 cup onion chopped
- ☐ 0.5 head romaine lettuce dried rinsed chopped
- ☐ 2 cups cheddar cheese shredded
- ☐ 2 tomatoes diced

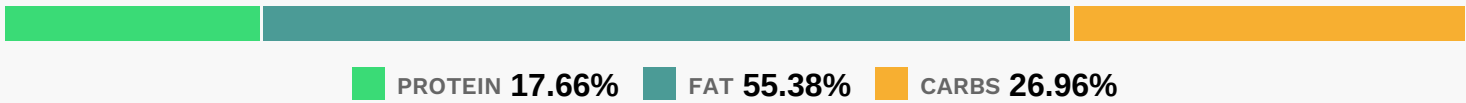
Equipment

☐ frying pan

Directions

- ☐ In a large skillet over medium high heat, saute the ground beef for 5 to 10 minutes, or until well browned.
- ☐ Drain excess fat.
- ☐ Crumble tortilla chips on a large plate.
- ☐ Layer with the beef, lettuce, tomatoes, cheese, onion and taco sauce.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:34.033043343088%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 872.66kcal (43.63%), Fat: 54.05g (83.15%), Saturated Fat: 21.2g (132.49%), Carbohydrates: 59.21g (19.74%), Net Carbohydrates: 53.43g (19.43%), Sugar: 14.27g (15.86%), Cholesterol: 137.01mg (45.67%), Sodium: 1173.92mg (51.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.78g (77.57%), Vitamin A: 7896.1IU (157.92%), Vitamin K: 100.39µg (95.61%), Phosphorus: 609.55mg (60.95%), Zinc: 7.91mg (52.76%), Calcium: 516.54mg (51.65%), Selenium: 35.91µg (51.3%), Vitamin B12: 3.03µg (50.43%), Folate: 146.05µg (36.51%), Vitamin B6: 0.64mg (31.89%), Vitamin B2: 0.53mg (30.95%), Vitamin B3: 5.93mg (29.66%), Magnesium: 101.88mg (25.47%), Potassium: 821.1mg (23.46%), Fiber: 5.78g (23.13%), Iron: 4.12mg (22.88%), Vitamin E: 3.33mg (22.19%), Vitamin B5: 1.66mg (16.65%), Vitamin C: 13.04mg (15.8%), Vitamin B1: 0.23mg (15.52%), Manganese: 0.23mg (11.71%), Copper: 0.22mg (11.22%), Vitamin D: 0.45µg (3.02%)