



## Lean Green Lettuce Tacos

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



26 min.

SERVINGS



15

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 pound ground beef
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon juice of lime
- 1 tablespoon olive oil
- 8 the of 1 cos lettuce
- 1.3 oz taco seasoning
- 15 servings tomatoes fresh diced red crumbled chopped
- 8 oz tomato sauce canned

1 small to 3 sized squashes diced yellow

1 small zucchini diced

## Equipment

frying pan

## Directions

Saut first 3 ingredients in hot oil in a large nonstick skillet over medium-high heat 5 to 6 minutes or until meat crumbles and is no longer pink. Stir in seasoning until blended; cook 1 minute.

Reduce heat to low; stir in tomato sauce, and cook, stirring often, 3 to 4 minutes or until thoroughly heated.

Remove from heat, and stir in cilantro and lime juice.

Serve meat mixture in romaine lettuce leaves with desired toppings.

\*2% reduced-fat shredded Cheddar or Monterey Jack cheese may be substituted.

Note: For testing purposes only, we used Nueva Cocina Taco Fresco Ground Beef Seasoning.

## Nutrition Facts



**PROTEIN 26.24%** **FAT 23.92%** **CARBS 49.84%**

## Properties

Glycemic Index:10.8, Glycemic Load:2.18, Inflammation Score:-9, Nutrition Score:12.508695637726%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 74.83kcal (3.74%), Fat: 2.18g (3.35%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 6.91g (2.51%), Sugar: 6.28g (6.98%), Cholesterol: 9.37mg (3.12%), Sodium: 283.29mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin A: 3122.75IU (62.46%), Vitamin C:

30.44mg (36.9%), Vitamin K: 31.3µg (29.81%), Potassium: 603.31mg (17.24%), Manganese: 0.27mg (13.71%), Folate: 53.73µg (13.43%), Fiber: 3.32g (13.26%), Vitamin B6: 0.26mg (12.98%), Vitamin B3: 2.17mg (10.86%), Vitamin E: 1.41mg (9.39%), Phosphorus: 87.84mg (8.78%), Zinc: 1.19mg (7.95%), Magnesium: 30.33mg (7.58%), Iron: 1.36mg (7.55%), Copper: 0.15mg (7.55%), Vitamin B1: 0.09mg (6.32%), Vitamin B2: 0.1mg (5.72%), Vitamin B12: 0.34µg (5.64%), Selenium: 2.81µg (4.02%), Vitamin B5: 0.35mg (3.55%), Calcium: 29.03mg (2.9%)