



Make-Your-Own Taco Salad

 Gluten Free

READY IN



385 min.

SERVINGS



12

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 medium avocado pitted peeled chopped
- 31 ounces pinto beans drained canned
- 30 ounces tomato sauce canned
- 4 cups corn chips
- 2 pounds ground beef lean
- 12 cups lettuce shredded
- 1 cup onion chopped
- 0.3 teaspoon pepper

- 1.5 cups salsa
- 12 ounces cheddar cheese shredded
- 2.5 ounces taco seasoning
- 3 cups tomatoes chopped

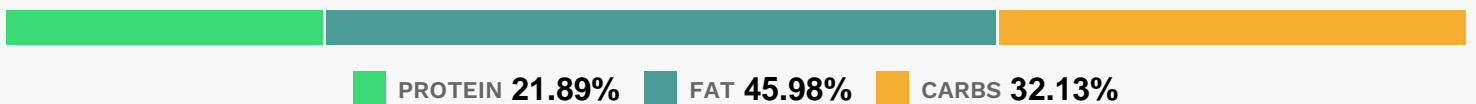
Equipment

- frying pan
- slow cooker

Directions

- Cook beef and onion in 12-inch skillet over medium-high heat about 8 minutes, stirring frequently, until beef is brown; drain.
- Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- Mix beef mixture, taco seasoning mix, beans, tomato sauce and pepper in cooker.
- Cover and cook on low heat setting 6 to 8 hours.
- To serve, place lettuce and corn chips on individual plates. Top each with beef mixture, tomatoes, avocados, cheese and salsa. Beef mixture will hold on low heat setting up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:6.2, Inflammation Score:-9, Nutrition Score:28.749565150427%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 550.76kcal (27.54%), Fat: 29.02g (44.64%), Saturated Fat: 9.28g (57.99%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 34.52g (12.55%), Sugar: 8.97g (9.97%), Cholesterol: 75.22mg (25.07%), Sodium: 1619.95mg (70.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.17%), Phosphorus: 478.04mg (47.8%), Fiber: 11.09g (44.37%), Zinc: 6.31mg (42.04%), Vitamin A: 2022.14IU (40.44%), Vitamin E: 5.41mg (36.05%), Vitamin B6: 0.71mg (35.4%), Selenium: 24.4µg (34.86%), Manganese: 0.69mg (34.29%), Potassium: 1194.42mg (34.13%), Vitamin K: 35.09µg (33.42%), Vitamin B12: 1.99µg (33.23%), Vitamin B3: 6.59mg (32.93%), Calcium: 325.11mg (32.51%), Iron: 5.1mg (28.34%), Magnesium: 105.34mg (26.33%), Vitamin C: 20.2mg (24.49%), Vitamin B2: 0.41mg (24.12%), Folate: 93.48µg (23.37%), Copper: 0.43mg (21.39%), Vitamin B5: 1.73mg (17.33%), Vitamin B1: 0.19mg (12.76%), Vitamin D: 0.25µg (1.64%)