



Messy Taco Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



827 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce beans ranch-style canned
- ☐ 1 head iceberg lettuce shredded
- ☐ 1 pound ground beef lean
- ☐ 1 pound cheddar cheese shredded
- ☐ 1.3 ounces taco seasoning
- ☐ 16 ounces thousand island dressing
- ☐ 14.5 ounces tortilla chips

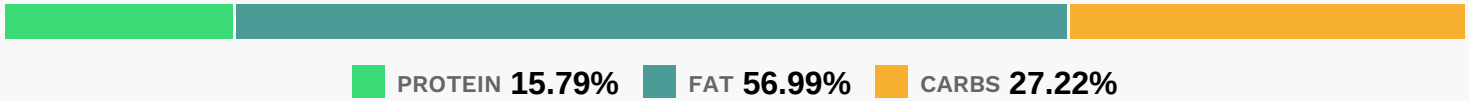
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, toss the lettuce and cheese.
- ☐ In a separate bowl, mix together the dressing, taco seasoning, and beans.
- ☐ Brown ground beef in a large skillet over medium-high heat, and drain.
- ☐ Add the ground beef and the dressing mixture to the lettuce and cheese, and mix well.
Refrigerate until just before serving, then crush the tortilla chips while still in the bag and combine them with the salad.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:3.39, Inflammation Score:-8, Nutrition Score:27.861739075702%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 827.25kcal (41.36%), Fat: 52.94g (81.44%), Saturated Fat: 16.54g (103.39%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 49.19g (17.89%), Sugar: 12.35g (13.72%), Cholesterol: 106.59mg (35.53%), Sodium: 1622.41mg (70.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33g (65.99%), Vitamin B1: 1.01mg (67.47%), Vitamin K: 69.87µg (66.54%), Phosphorus: 572.69mg (57.27%), Calcium: 497.61mg (49.76%), Selenium: 29.67µg (42.39%), Zinc: 6.25mg (41.69%), Vitamin E: 4.8mg (31.98%), Vitamin B12: 1.87µg (31.18%), Fiber: 7.69g (30.75%), Vitamin A: 1443.07IU (28.86%), Vitamin B2: 0.46mg (27.21%), Magnesium: 96.14mg (24.04%), Iron: 4.13mg (22.94%), Vitamin B6: 0.42mg (21.21%), Vitamin B3: 4.16mg (20.79%), Potassium: 627.23mg (17.92%), Manganese: 0.27mg (13.65%), Folate: 54.27µg (13.57%), Vitamin B5: 1.34mg (13.37%), Copper: 0.21mg (10.36%), Vitamin C: 4.31mg (5.22%), Vitamin D: 0.4µg (2.65%)