



Mexico Joes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce chiles green undrained chopped canned
- 1 pound ground round
- 6 hamburger buns warmed
- 0.5 cup onion frozen chopped
- 2 tablespoons 0%-less-sodium taco seasoning
- 8 ounce no-salt-added tomato sauce canned

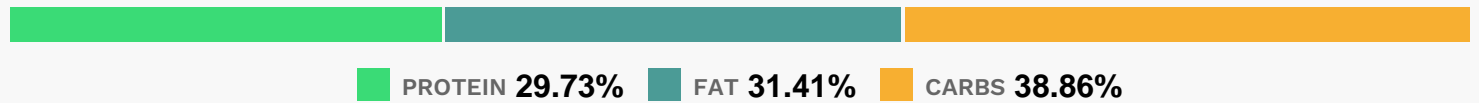
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; place over high heat until hot.
- Add ground round and onion; cook 5 minutes until meat is browned and onion is tender, stirring to crumble meat.
- Add chiles, taco seasoning, and tomato sauce, stirring well. Cook over medium heat 3 to 4 minutes or until thoroughly heated, stirring often.
- Spoon meat mixture evenly over bottom halves of buns; top with remaining bun halves.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:13.8, Inflammation Score:-5, Nutrition Score:14.375652251036%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 273.46kcal (13.67%), Fat: 9.43g (14.5%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 24.16g (8.78%), Sugar: 5.2g (5.78%), Cholesterol: 49.14mg (16.38%), Sodium: 593.66mg (25.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.15%), Selenium: 24.6µg (35.15%), Vitamin B3: 6.16mg (30.78%), Vitamin B12: 1.76µg (29.28%), Zinc: 4.06mg (27.07%), Iron: 3.9mg (21.66%), Phosphorus: 198.94mg (19.89%), Vitamin B6: 0.38mg (19.23%), Vitamin B1: 0.28mg (18.84%), Vitamin B2: 0.28mg (16.48%), Folate: 62.37µg (15.59%), Manganese: 0.3mg (15.15%), Vitamin C: 11.84mg (14.35%), Potassium: 450.89mg (12.88%), Calcium: 87mg (8.7%), Fiber: 2.09g (8.34%), Magnesium: 32.86mg (8.22%), Copper: 0.15mg (7.5%), Vitamin E: 0.9mg (6.03%), Vitamin B5: 0.6mg (6.01%), Vitamin A: 269.33IU (5.39%), Vitamin K: 3.78µg (3.6%)