



## Mini Beef Taco Bowls

READY IN



35 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup milk cheddar cheese shredded 2% kraft
- 1 lb extra-lean ground beef
- 8 6-inch flour tortillas warmed ()
- 2 cups lettuce chopped
- 0.3 cup classic ranch dressing kraft
- 1 cup taco bellâ® & chunky salsa thick
- 1 tomatoes chopped

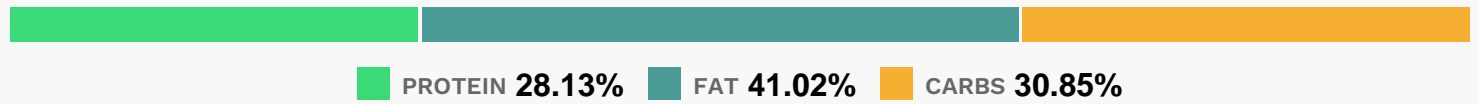
### Equipment

- bowl
- frying pan
- oven
- muffin liners

## Directions

- Heat oven to 350F.
- Line 8 muffin cups with tortillas. Carefully fold back edges of tortillas to leave openings in centers for the filling.
- Bake 10 min. Meanwhile, brown meat in large skillet; drain. Return meat to skillet.
- Add salsa to meat; mix well. Bring to boil; simmer on medium-low heat 10 min., stirring occasionally. Spoon into tortilla bowls. Top with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:9.97, Inflammation Score:-7, Nutrition Score:25.18043476084%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 490.51kcal (24.53%), Fat: 22.18g (34.12%), Saturated Fat: 8.09g (50.55%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 33.44g (12.16%), Sugar: 6.97g (7.75%), Cholesterol: 88.33mg (29.44%), Sodium: 1175.51mg (51.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.44%), Selenium: 38.25µg (54.65%), Vitamin B3: 9.85mg (49.26%), Phosphorus: 476.1mg (47.61%), Zinc: 6.87mg (45.8%), Vitamin B12: 2.72µg (45.26%), Vitamin K: 38.93µg (37.08%), Vitamin B6: 0.65mg (32.41%), Iron: 5.45mg (30.27%), Vitamin B2: 0.46mg (27.22%), Vitamin B1: 0.4mg (26.9%), Manganese: 0.47mg (23.45%), Calcium: 229.62mg (22.96%), Potassium: 779.17mg (22.26%), Folate: 83.29µg (20.82%), Vitamin A: 896.1IU (17.92%), Fiber: 4.07g (16.28%), Magnesium: 58.36mg (14.59%), Vitamin B5: 1.2mg (11.96%), Vitamin E: 1.78mg (11.87%), Copper: 0.23mg (11.33%), Vitamin C: 6.46mg (7.83%),

Vitamin D: 0.21µg (1.42%)