



Mini Taco Cups

READY IN



20 min.

SERVINGS



20

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chiles green chopped canned
- 20 servings toppings: cream shredded sour chopped
- 0.5 pound ground beef
- 8 oz taco sauce
- 2 oz monterrey jack cheese shredded
- 0.5 pound mild pork sausage
- 16 oz won ton wrappers

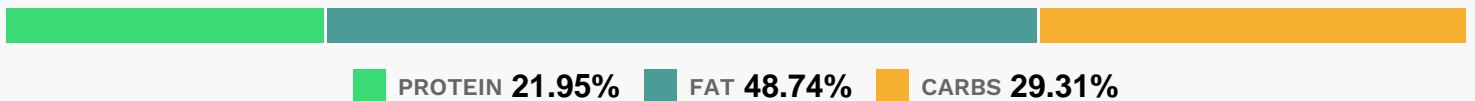
Equipment

- paper towels
- oven
- microwave
- muffin liners

Directions

- Crumble sausage and ground beef into a microwave-safe container. Microwave at HIGH 1 minute, and stir. Microwave at HIGH 4 to 4 1/2 minutes, stirring every 60 seconds, or until meat is done and no longer pink.
- Drain well on paper towels. Stir together sausage mixture, taco sauce, 1/2 cup shredded cheese, and green chiles. Set aside.
- Press won ton wrappers into 24 lightly greased mini muffin cups. Reserve remaining wrappers for another use.
- Bake at 350 for 8 minutes or until wrappers start to brown.
- Remove muffin pans to wire racks. Fill baked won ton cups evenly with sausage mixture. Return pans to oven, and bake 15 more minutes or until thoroughly heated and cheese melts.
- Serve with desired toppings.
- Note: For testing purposes only, we used an 1,100-watt microwave oven and Old El Paso Taco Sauce.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:7.2913043732228%

Nutrients (% of daily need)

Calories: 239.02kcal (11.95%), Fat: 12.76g (19.63%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 16.75g (6.09%), Sugar: 2.92g (3.25%), Cholesterol: 42.9mg (14.3%), Sodium: 563.42mg (24.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Selenium: 13.29µg (18.98%), Calcium: 178.57mg (17.86%), Vitamin B12: 1.01µg (16.76%), Phosphorus: 164.01mg (16.4%), Vitamin B2: 0.21mg (12.27%), Zinc: 1.79mg (11.93%), Vitamin B3: 2.31mg (11.57%), Vitamin B1: 0.16mg (10.88%), Manganese: 0.16mg (7.76%), Iron: 1.34mg (7.42%), Folate: 26.33µg (6.58%), Vitamin B6: 0.1mg (4.92%), Vitamin A: 230.8IU (4.62%), Magnesium: 14.67mg

(3.67%), Potassium: 108.12mg (3.09%), Vitamin C: 2.26mg (2.74%), Copper: 0.05mg (2.59%), Fiber: 0.52g (2.07%),
Vitamin D: 0.29 μ g (1.92%), Vitamin B5: 0.19mg (1.89%)