

Nacho Tacos

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.8 ounce campbell's® condensed fiesta nacho cheese soup canned
- 0.5 teaspoon chili powder
- 1 pound ground beef
- 1 cup lettuce shredded
- 1 medium onion chopped
- 8 taco shells warmed
- 1 medium tomatoes chopped

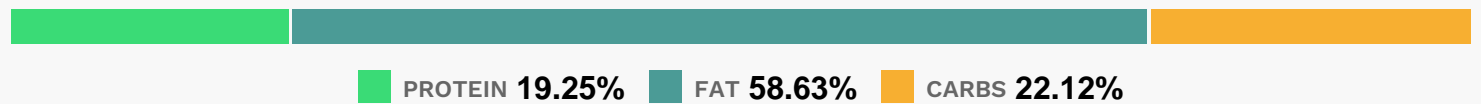
Equipment

- frying pan
- sauce pan

Directions

- Cook the beef, onion and chili powder in a 10-inch skillet over medium-high heat until the beef is well browned, stirring often to separate meat.
- Pour off any fat.
- Stir 1/2 cup soup in the skillet and cook until the mixture is hot and bubbling.
- Heat the remaining soup in a 1-quart saucepan over medium-high heat until hot and bubbling. Spoon the beef mixture into the taco shells. Top with the soup, lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:5.13, Inflammation Score:-4, Nutrition Score:7.5939130834911%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 241.87kcal (12.09%), Fat: 15.57g (23.95%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 11.53g (4.19%), Sugar: 1.97g (2.19%), Cholesterol: 41.78mg (13.93%), Sodium: 280.75mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (23%), Vitamin B12: 1.21µg (20.22%), Zinc: 2.63mg (17.54%), Vitamin B3: 2.75mg (13.77%), Selenium: 9.18µg (13.12%), Phosphorus: 127.4mg (12.74%), Potassium: 424.64mg (12.13%), Vitamin B6: 0.24mg (12.13%), Iron: 1.43mg (7.92%), Vitamin A: 366.15IU (7.32%), Fiber: 1.68g (6.71%), Manganese: 0.12mg (6.14%), Vitamin B2: 0.1mg (6.09%), Magnesium: 23.48mg (5.87%), Vitamin K: 5.62µg (5.36%), Folate: 19.81µg (4.95%), Vitamin B1: 0.07mg (4.42%), Calcium: 41.13mg (4.11%), Vitamin C: 3.38mg (4.09%), Copper: 0.07mg (3.3%), Vitamin B5: 0.32mg (3.25%), Vitamin E: 0.46mg (3.1%)