



One-Pan Taco Dinner

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef
- 2 cups rice white instant uncooked
- 2 cups lettuce shredded
- 1 cup cheddar cheese shredded kraft
- 1.3 oz taco bellâ® taco seasoning mix
- 1 large tomatoes chopped
- 2 cups water

Equipment

frying pan

Directions

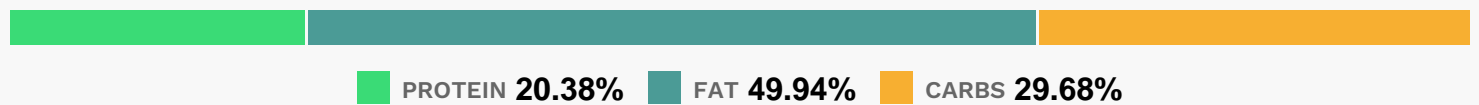
Brown meat in large skillet; drain.

Add seasoning mix and water; stir. Bring to boil.

Stir in rice.

Sprinkle with cheese; cover. Simmer on low heat 5 min. Top with lettuce and tomatoes just before serving.

Nutrition Facts



Properties

Glycemic Index:4.85, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:4.7926086809324%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 119.32kcal (5.97%), Fat: 6.57g (10.1%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.09g (2.94%), Sugar: 0.74g (0.82%), Cholesterol: 21.75mg (7.25%), Sodium: 198.32mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Selenium: 8.21µg (11.72%), Vitamin B12: 0.55µg (9.09%), Zinc: 1.31mg (8.71%), Vitamin B3: 1.63mg (8.13%), Phosphorus: 75.48mg (7.55%), Folate: 29.88µg (7.47%), Vitamin A: 334.78IU (6.7%), Vitamin B1: 0.1mg (6.49%), Iron: 1.16mg (6.47%), Manganese: 0.11mg (5.35%), Vitamin B6: 0.1mg (4.9%), Calcium: 48.84mg (4.88%), Vitamin B2: 0.06mg (3.79%), Vitamin K: 3.01µg (2.86%), Potassium: 99.63mg (2.85%), Fiber: 0.69g (2.77%), Vitamin C: 2.25mg (2.72%), Copper: 0.04mg (2.09%), Magnesium: 8.33mg (2.08%), Vitamin B5: 0.19mg (1.89%), Vitamin E: 0.2mg (1.34%)