



Queso Burger Delicioso

READY IN



15 min.

SERVINGS



15

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

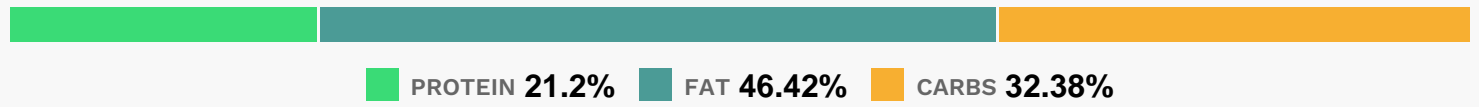
- 1 Tbsp cilantro leaves fresh chopped
- 2 Tbsp guacamole
- 2 Tbsp queso fresco
- 2 taco bellâ® crunchy taco shells
- 1 small tomatoes chopped
- 3.5 oz veggie patty

Equipment

Directions

- Cook burger as directed on package; cut in half.
- Spread insides of taco shells with guacamole.
- Fill with burger halves and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:2.1891304552555%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 29.62kcal (1.48%), Fat: 1.55g (2.39%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.31g (0.35%), Cholesterol: 1.69mg (0.56%), Sodium: 58.08mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin B1: 0.18mg (12.22%), Manganese: 0.08mg (4.11%), Folate: 12.04µg (3.01%), Selenium: 1.96µg (2.8%), Vitamin B12: 0.17µg (2.77%), Phosphorus: 27.49mg (2.75%), Fiber: 0.64g (2.57%), Calcium: 22.62mg (2.26%), Vitamin B3: 0.35mg (1.75%), Vitamin B6: 0.04mg (1.75%), Magnesium: 6.78mg (1.69%), Vitamin C: 1.34mg (1.63%), Potassium: 52.81mg (1.51%), Vitamin B2: 0.02mg (1.45%), Vitamin A: 72.57IU (1.45%), Vitamin K: 1.43µg (1.36%), Zinc: 0.18mg (1.22%), Iron: 0.22mg (1.21%), Copper: 0.02mg (1.16%)