



## Quick Taco Salad

 **Gluten Free**  **Popular**

READY IN



**55 min.**

SERVINGS



**8**

CALORIES



**693 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 cup olives black chopped
- 1 cup cherry tomatoes halved
- 10.5 ounce corn chips fritos® (such as )
- 2 pounds ground beef chuck
- 2 cups lettuce shredded green
- 2 cups cheddar/monterey jack cheese blend shredded
- 1 onion chopped
- 2 cups salsa

- 1 cup cup heavy whipping cream sour
- 2 envelopes taco seasoning
- 1.5 cups water

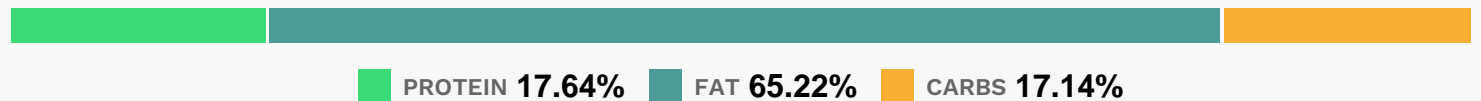
## Equipment

- bowl
- frying pan

## Directions

- Brown ground beef in a large skillet over medium heat until crumbly and no longer pink, about 10 minutes; drain excess grease.
- Mix in taco seasoning mix and water. Bring the beef mixture to a boil and cook until thickened, about 10 more minutes.
- Transfer beef to a serving bowl.
- Place chopped onion, lettuce, cherry tomatoes, Cheddar cheese, black olives, salsa, jalapeno peppers, sour cream, and corn chips in individual serving bowls. Allow diners to assemble their own salads from the ingredients.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:21.753043407979%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## Nutrients (% of daily need)

Calories: 692.64kcal (34.63%), Fat: 50.71g (78.01%), Saturated Fat: 18.81g (117.54%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 26.51g (9.64%), Sugar: 4.91g (5.45%), Cholesterol: 122.62mg (40.87%), Sodium:

1031.17mg (44.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.86g (61.72%), Vitamin B12: 2.72µg (45.36%), Phosphorus: 431.58mg (43.16%), Zinc: 6.37mg (42.44%), Selenium: 25.87µg (36.96%), Calcium: 343.91mg (34.39%), Vitamin B6: 0.62mg (30.94%), Vitamin E: 4.58mg (30.53%), Vitamin A: 1522.77IU (30.46%), Vitamin B3: 6.06mg (30.28%), Vitamin B2: 0.39mg (23.04%), Vitamin K: 20.29µg (19.32%), Potassium: 667.96mg (19.08%), Iron: 3.43mg (19.08%), Magnesium: 71.91mg (17.98%), Manganese: 0.31mg (15.62%), Fiber: 3.46g (13.86%), Vitamin B5: 1.12mg (11.21%), Copper: 0.2mg (10.12%), Vitamin C: 7.7mg (9.33%), Vitamin B1: 0.12mg (8.01%), Folate: 29.03µg (7.26%), Vitamin D: 0.28µg (1.89%)