



## Quick Taco Salad

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 lb ground beef lean
- 1 onion chopped
- 0.3 cup classic ranch dressing kraft
- 10 cups torn romaine lettuce loosely packed
- 1 cup cheddar cheese shredded kraft
- 1 oz taco bellâ® taco seasoning mix
- 2 tomatoes chopped
- 2 cups tortilla chips crushed

0.3 cup water

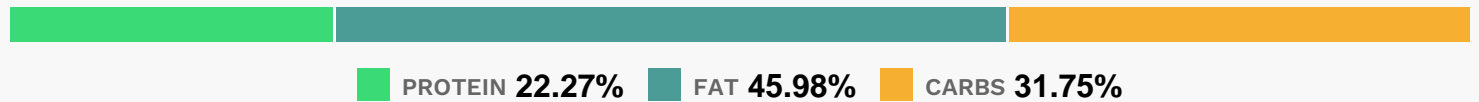
## Equipment

frying pan

## Directions

- Brown meat with onions in large nonstick skillet on medium–high heat; drain.
- Add seasoning mix and water; mix well. Bring to boil. Simmer on medium–low heat 3 min.
- Divide lettuce among 4 plates. Top evenly with meat mixture, tomatoes, cheese and crushed chips.
- Drizzle with dressing.

## Nutrition Facts



## Properties

Glycemic Index:3.07, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:5.8026085936505%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 88.25kcal (4.41%), Fat: 4.58g (7.05%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.04g (2.19%), Sugar: 0.9g (1%), Cholesterol: 13.66mg (4.55%), Sodium: 155.93mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin A: 1560.33IU (31.21%), Vitamin K: 21.14µg (20.13%), Phosphorus: 75.89mg (7.59%), Zinc: 1.07mg (7.16%), Folate: 25.78µg (6.45%), Vitamin B12: 0.38µg (6.37%), Selenium: 4.19µg (5.98%), Vitamin B3: 1mg (5%), Vitamin B6: 0.1mg (4.94%), Calcium: 43.57mg (4.36%), Fiber: 1.08g (4.33%), Iron: 0.73mg (4.08%), Potassium: 133.93mg (3.83%), Magnesium: 14.37mg (3.59%), Vitamin B2: 0.06mg (3.59%), Vitamin E: 0.45mg (3.01%), Vitamin C: 2.45mg (2.97%), Vitamin B5: 0.25mg (2.53%), Vitamin B1: 0.03mg (2.29%), Manganese: 0.04mg (2.05%), Copper: 0.03mg (1.74%)