



Quick Taco Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup baked tortilla chips crumbled (12 chips)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 12 ounces ground round
- ☐ 2 cups plum tomatoes chopped
- ☐ 4 cups the of 1 cos lettuce coarsely chopped
- ☐ 2 cups salsa
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

☐ 2 cups bell pepper green red yellow chopped

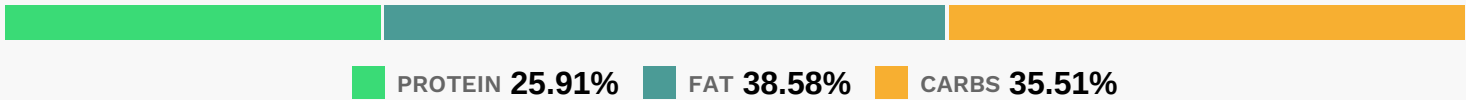
Equipment

☐ frying pan

Directions

- ☐ Cook beef and bell pepper in a large nonstick skillet over medium-high heat until beef is browned; stir to crumble.
- ☐ Add salsa; bring to a boil. Stir in cilantro; keep warm.
- ☐ Place 1 cup lettuce on each of 4 plates; top with 1 cup meat mixture.
- ☐ Sprinkle each serving with 1/2 cup tomato, 1/4 cup cheese, 1/4 cup chips, and 1 tablespoon onions.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:35.910434608874%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 468.78kcal (23.44%), Fat: 20.55g (31.62%), Saturated Fat: 9.26g (57.89%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 34.83g (12.66%), Sugar: 10.85g (12.06%), Cholesterol: 83.63mg (27.88%), Sodium: 1228.17mg (53.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.09%), Vitamin A: 6422.49IU (128.45%), Vitamin C: 81.96mg (99.34%), Vitamin K: 85.95µg (81.86%), Phosphorus: 479.54mg (47.95%), Vitamin B6: 0.92mg (45.78%), Zinc: 6.14mg (40.94%), Selenium: 28.06µg (40.08%), Vitamin B12: 2.18µg (36.33%), Potassium: 1257.72mg (35.93%), Vitamin B3: 7.16mg (35.78%), Calcium: 332.71mg (33.27%), Fiber: 7.73g (30.91%), Folate: 114.59µg (28.65%), Vitamin B2: 0.46mg (27.13%), Magnesium: 100.6mg (25.15%), Manganese: 0.47mg (23.55%), Iron: 4.1mg (22.75%), Vitamin E: 3.33mg (22.18%), Vitamin B1: 0.28mg (18.46%), Copper: 0.34mg (16.78%), Vitamin B5: 1.14mg (11.42%), Vitamin D: 0.26µg (1.7%)