



Six-Layer Taco Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb extra-lean ground beef
- 4 green onions sliced
- 0.5 tsp ground cumin and ground pepper red (cayenne)
- 0.5 cup lite ranch dressing kraft
- 10 oz torn romaine lettuce (10 cups)
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 1 large tomatoes chopped

Equipment

Directions

- Brown meat with seasonings; drain.
- Place lettuce on large serving platter. (Or divide evenly among 4 salad plates.) Cover with layers of meat and tomatoes; drizzle with dressing.
- Sprinkle with cheese and onions.

Nutrition Facts

PROTEIN 32.37% **FAT 59.12%** **CARBS 8.51%**

Properties

Glycemic Index:5.1, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:6.1456521814284%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 71.81kcal (3.59%), Fat: 4.69g (7.21%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.75g (0.83%), Cholesterol: 18.96mg (6.32%), Sodium: 113.84mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin A: 1353.09IU (27.06%), Vitamin K: 28.39µg (27.04%), Vitamin B12: 0.58µg (9.69%), Zinc: 1.33mg (8.88%), Phosphorus: 76.28mg (7.63%), Vitamin B3: 1.4mg (7%), Selenium: 4.79µg (6.85%), Vitamin B6: 0.13mg (6.3%), Folate: 24.76µg (6.19%), Vitamin B2: 0.09mg (5.1%), Iron: 0.81mg (4.52%), Potassium: 148.73mg (4.25%), Calcium: 29.99mg (3%), Vitamin C: 2.27mg (2.75%), Vitamin B5: 0.26mg (2.6%), Magnesium: 9.65mg (2.41%), Manganese: 0.04mg (2.18%), Vitamin B1: 0.03mg (2.08%), Vitamin E: 0.29mg (1.91%), Fiber: 0.47g (1.9%), Copper: 0.03mg (1.72%)