



Skinny Taco Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 90% lean (at least)
- 0.7 cup water
- 1 tablespoon chili powder
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground pepper red (cayenne)
- 12 cups lettuce
- 15 oz pinto beans rinsed drained canned
- 1.5 cups tomatoes chopped

- 3 tablespoons spring onion sliced
- 3 oz sharp cheddar cheese shredded reduced-fat
- 0.8 cup salsa organic (any variety)
- 0.8 cup cream fat-free sour
- 3 oz tortilla chips

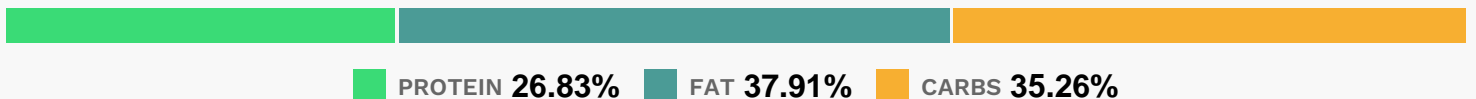
Equipment

- frying pan

Directions

- In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in water, chili powder, cumin and ground red pepper; reduce heat to medium-low. Cook about 5 minutes or until most of liquid has evaporated.
- Divide lettuce among 6 salad plates; top each with meat mixture and remaining ingredients except chips. Arrange chips around salad.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:4.72, Inflammation Score:-9, Nutrition Score:23.075652220975%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 378.95kcal (18.95%), Fat: 16.29g (25.06%), Saturated Fat: 6.35g (39.7%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 26.74g (9.72%), Sugar: 6.22g (6.91%), Cholesterol: 65.9mg (21.97%), Sodium: 672.99mg

(29.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.88%), Vitamin K: 52.07µg (49.59%), Phosphorus: 382.64mg (38.26%), Vitamin A: 1849.64IU (36.99%), Zinc: 5.3mg (35.35%), Vitamin B12: 1.91µg (31.79%), Fiber: 7.36g (29.43%), Selenium: 19.45µg (27.78%), Vitamin B6: 0.55mg (27.56%), Potassium: 925.36mg (26.44%), Manganese: 0.53mg (26.37%), Vitamin B3: 5.11mg (25.57%), Calcium: 241.27mg (24.13%), Iron: 4.19mg (23.28%), Folate: 80.39µg (20.1%), Magnesium: 79.69mg (19.92%), Vitamin B2: 0.31mg (18.48%), Vitamin E: 2.65mg (17.68%), Copper: 0.29mg (14.65%), Vitamin C: 10.87mg (13.17%), Vitamin B1: 0.19mg (12.96%), Vitamin B5: 1.02mg (10.17%), Vitamin D: 0.16µg (1.07%)