



Sloppy Joe Confetti Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 oz monterrey jack cheese shredded
- 15.5 oz sauce canned
- 1 lb ground beef 80% lean (at least)
- 2.3 oz olives ripe drained sliced canned
- 0.5 cup bell pepper red chopped
- 1 cup the of 1 cos lettuce thinly sliced
- 4.6 oz taco shells (12 shells)
- 11 oz corn sweet whole drained canned

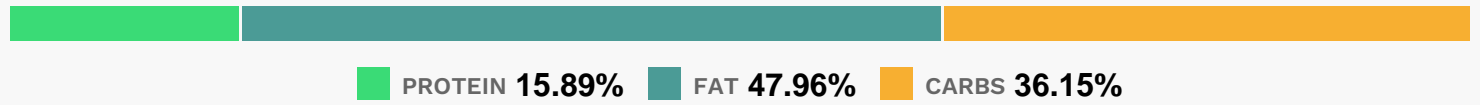
Equipment

- frying pan
- oven

Directions

- Heat oven to 350F. In 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain.
- Meanwhile, heat taco shells as directed on box.
- Stir sloppy joe sauce, bell pepper and corn into ground beef. Cook 2 to 3 minutes longer, stirring occasionally, until mixture is hot and bubbly.
- Spoon about 1/4 cup beef mixture into each warm taco shell; top with olives, lettuce and cheese.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:8.57, Inflammation Score:-7, Nutrition Score:13.30043485372%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 478.51kcal (23.93%), Fat: 25.23g (38.81%), Saturated Fat: 9.49g (59.3%), Carbohydrates: 42.77g (14.26%), Net Carbohydrates: 40.54g (14.74%), Sugar: 17.96g (19.96%), Cholesterol: 62.09mg (20.7%), Sodium: 1308.29mg (56.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.81g (37.62%), Vitamin B12: 1.7µg (28.27%), Zinc: 3.99mg (26.62%), Phosphorus: 239.36mg (23.94%), Vitamin A: 1189.19IU (23.78%), Vitamin B3: 4.19mg (20.94%), Vitamin C: 17.09mg (20.72%), Selenium: 13.89µg (19.85%), Vitamin B6: 0.34mg (17.05%), Folate: 53.75µg (13.44%), Iron: 2.19mg (12.15%), Vitamin K: 12.25µg (11.67%), Calcium: 115.86mg (11.59%), Vitamin B2: 0.19mg (11.2%), Magnesium: 42.92mg (10.73%), Potassium: 372.28mg (10.64%), Manganese: 0.19mg (9.38%), Fiber: 2.23g (8.93%), Vitamin E: 1.1mg (7.31%), Vitamin B1: 0.1mg (6.88%), Copper: 0.11mg (5.42%), Vitamin B5: 0.45mg (4.52%)