



Sloppy Tacos

READY IN



20 min.

SERVINGS



20

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef
- 12 oz hamburger buns (8 buns)
- 6 oz singles kraft
- 16 oz taco bellâ® & chunky salsa thick

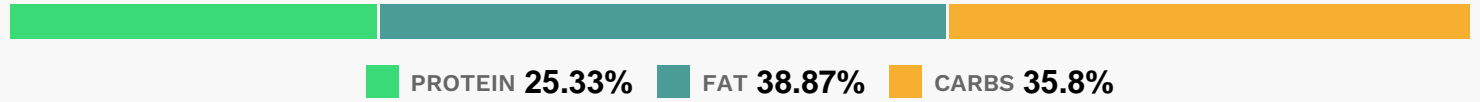
Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Stir in salsa; cook until heated through, stirring occasionally.
- Fill buns with meat mixture and Singles.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:5.09, Inflammation Score:-3, Nutrition Score:5.4578260895999%

Nutrients (% of daily need)

Calories: 124.23kcal (6.21%), Fat: 5.33g (8.2%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.31g (3.75%), Sugar: 2.67g (2.97%), Cholesterol: 17.46mg (5.82%), Sodium: 358.39mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Phosphorus: 138.77mg (13.88%), Selenium: 8.23µg (11.76%), Vitamin B3: 1.92mg (9.62%), Calcium: 95.48mg (9.55%), Zinc: 1.33mg (8.87%), Vitamin B12: 0.52µg (8.66%), Vitamin B1: 0.11mg (7.34%), Vitamin B2: 0.12mg (6.77%), Iron: 1.12mg (6.24%), Vitamin B6: 0.12mg (6.19%), Manganese: 0.12mg (6.1%), Vitamin A: 293.25IU (5.86%), Folate: 18.48µg (4.62%), Potassium: 160.57mg (4.59%), Fiber: 0.73g (2.93%), Magnesium: 11.17mg (2.79%), Vitamin E: 0.42mg (2.77%), Copper: 0.05mg (2.36%), Vitamin K: 2.18µg (2.07%), Vitamin B5: 0.16mg (1.6%)