



Slow-Cooker Party Tacos

 Gluten Free

READY IN



205 min.

SERVINGS



30

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado pitted peeled chopped
- 2 cups bell pepper green red yellow chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup spring onion sliced
- 3 lb ground beef 80% lean (at least)
- 10 oz lettuce shredded ()
- 1 cup mayonnaise
- 2 large onion chopped

- 2 cups plum tomatoes italian chopped
- 0.5 cup salsa
- 1.5 cups salsa thick
- 2 cups cheddar cheese shredded finely
- 2 oz taco seasoning
- 14.1 oz taco shells
- 1 cup water
- 33 oz corn sweet whole drained canned

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- slow cooker
- glass baking pan

Directions

- Cook ground beef in 2 batches. For first batch, spray 12-inch skillet with cooking spray.
- Add half of the ground beef and 1 chopped onion. Cook over medium heat 8 to 10 minutes or until beef is thoroughly cooked, stirring frequently.
- Drain.
- Stir in 1 package taco seasoning mix, 3/4 cup salsa and 1/2 cup water. Reduce heat to low; simmer 8 to 10 minutes or until most of liquid is absorbed.
- Cool first batch of beef mixture 15 minutes. Spoon into refrigerator or freezer container; cover tightly. Repeat to make second batch.
- Serve immediately, or refrigerate up to 24 hours or freeze up to 1 week.
- To serve immediately, place beef mixture in slow cooker; keep warm on Low setting. If beef mixture is frozen, thaw before heating.

- Place beef mixture in slow cooker; cover and cook on High setting for 1 hour or until hot. Reduce heat to Low to keep warm. To serve, spoon beef mixture into taco shells. Top with
- Layered Taco Toppings.
- To make
- Layered Taco Toppings, heat oven to 425F. Spray 15x10x1-inch baking pan with nonstick cooking spray. Dry corn on paper towels; spread corn in sprayed pan.
- Bake at 425F for 15 minutes. Stir; bake an additional 10 minutes. Cool 5 minutes or until slightly cooled.
- In ungreased 13x9-inch (3 quart) glass baking dish, layer lettuce, bell pepper, roasted corn, onions, tomatoes and avocado.
- In small bowl, combine mayonnaise and salsa; mix well.
- Spread over vegetables.
- Sprinkle with cheese and cilantro. Cover tightly; refrigerate at least 2 hours or overnight.

Nutrition Facts

PROTEIN 15.41% **FAT 61.4%** **CARBS 23.19%**

Properties

Glycemic Index:11.7, Glycemic Load:5.79, Inflammation Score:-7, Nutrition Score:11.127826063529%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 309.83kcal (15.49%), Fat: 21.24g (32.68%), Saturated Fat: 6.8g (42.5%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 15.32g (5.57%), Sugar: 2.88g (3.2%), Cholesterol: 42.43mg (14.14%), Sodium: 487.04mg (21.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (24%), Vitamin K: 24.37µg (23.21%), Vitamin C: 18.61mg (22.56%), Vitamin B12: 1.07µg (17.86%), Zinc: 2.6mg (17.35%), Phosphorus: 170.64mg (17.06%), Vitamin A:

842.25IU (16.85%), Vitamin B3: 2.95mg (14.77%), Vitamin B6: 0.29mg (14.26%), Selenium: 9µg (12.86%), Fiber: 2.74g (10.95%), Potassium: 366.04mg (10.46%), Folate: 41.6µg (10.4%), Manganese: 0.19mg (9.31%), Iron: 1.64mg (9.09%), Calcium: 85.37mg (8.54%), Magnesium: 33.72mg (8.43%), Vitamin B2: 0.14mg (8.23%), Vitamin E: 1.17mg (7.77%), Vitamin B1: 0.09mg (5.78%), Copper: 0.1mg (4.99%), Vitamin B5: 0.46mg (4.56%)