



Southwestern BLT Taco Salad

READY IN



25 min.

SERVINGS



4

CALORIES



675 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 oz taco seasoning
- 0.7 cup water
- 0.5 cup gorgonzola dip sour
- 0.5 cup salsa thick
- 0.5 cup farro chopped
- 2.3 oz olives ripe drained sliced canned
- 4 plum tomatoes cut into 8 pieces (Roma)
- 10 oz the of 1 cos lettuce

- 4 oz cheddar cheese shredded
- 1 cup corn chips

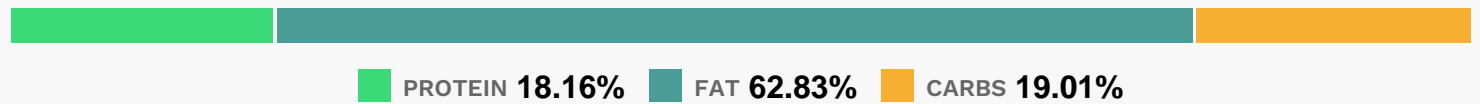
Equipment

- bowl
- frying pan

Directions

- In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in taco seasoning mix and water. Reduce heat to medium. Cook uncovered 2 to 4 minutes, stirring occasionally, until most of liquid is absorbed.
- In large bowl, mix sour cream dip and salsa. Stir in beef mixture, bacon and olives. Gently fold in tomatoes and lettuce.
- Divide salad among 4 individual plates.
- Sprinkle with cheese and chips.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:29.989130419234%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 674.64kcal (33.73%), Fat: 47.52g (73.11%), Saturated Fat: 17.95g (112.21%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 26.04g (9.47%), Sugar: 7.31g (8.12%), Cholesterol: 108.86mg (36.29%), Sodium: 1587.15mg (69.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.91g (61.82%), Vitamin A: 7858.54IU (157.17%), Vitamin K: 83.4µg (79.43%), Vitamin B12: 2.73µg (45.45%), Zinc: 6.57mg (43.79%), Selenium: 29.11µg (41.59%),

Phosphorus: 409.47mg (40.95%), Calcium: 340.96mg (34.1%), Vitamin B3: 6.39mg (31.95%), Folate: 126.26µg (31.56%), Vitamin B6: 0.61mg (30.47%), Fiber: 6.3g (25.21%), Vitamin E: 3.7mg (24.67%), Iron: 4.32mg (23.99%), Vitamin B2: 0.39mg (23.12%), Potassium: 790.48mg (22.59%), Manganese: 0.38mg (18.89%), Vitamin C: 15.14mg (18.35%), Magnesium: 70.86mg (17.71%), Copper: 0.24mg (11.93%), Vitamin B1: 0.17mg (11.49%), Vitamin B5: 1.06mg (10.62%), Vitamin D: 0.28µg (1.89%)