



Southwestern BLT Taco Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



816 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bacon chopped
- 1 cup corn chips
- 1 lb ground beef 80% lean (at least)
- 2.3 oz olives ripe drained sliced canned
- 4 plum tomatoes cut into 8 pieces (Roma)
- 0.5 cup heavy whipping cream sour
- 10 oz the of 1 cos lettuce
- 0.5 cup salsa thick

- 4 oz cheddar cheese shredded
- 1 oz taco seasoning
- 0.7 cup water

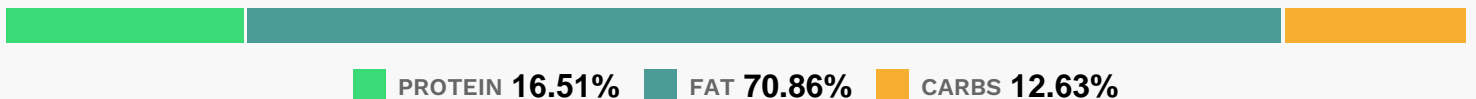
Equipment

- 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:31.579565193342%

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: 815.83kcal (40.79%), Fat: 64.98g (99.97%), Saturated Fat: 26.25g (164.04%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 20.5g (7.45%), Sugar: 6.15g (6.83%), Cholesterol: 162mg (54%), Sodium: 1622.79mg

(70.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.12%), Vitamin A: 8305.44IU (166.11%), Vitamin K: 84.19µg (80.18%), Selenium: 34.26µg (48.94%), Vitamin B12: 2.92µg (48.71%), Phosphorus: 458.71mg (45.87%), Zinc: 6.83mg (45.52%), Vitamin B3: 7.19mg (35.97%), Vitamin B6: 0.68mg (33.79%), Calcium: 320.48mg (32.05%), Folate: 124.31µg (31.08%), Vitamin E: 4.1mg (27.33%), Vitamin B2: 0.46mg (27.1%), Potassium: 859.05mg (24.54%), Iron: 4.21mg (23.38%), Fiber: 5.56g (22.22%), Vitamin C: 15.31mg (18.56%), Magnesium: 72.17mg (18.04%), Manganese: 0.33mg (16.52%), Vitamin B1: 0.24mg (16.24%), Vitamin B5: 1.28mg (12.76%), Copper: 0.23mg (11.68%), Vitamin D: 0.88µg (5.85%)