



Speedy Ground Beef Salpicon

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large avocado sliced
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 juice of lime
- 1.5 lb ground beef lean
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 onion chopped
- 0.8 lb plum tomatoes seeded chopped

6 cups romaine lettuce shredded

12 tostada shells

Equipment

bowl

frying pan

Directions

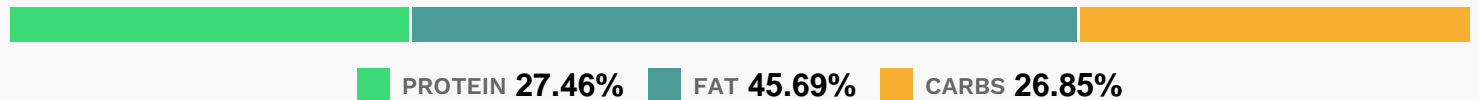
Brown meat in skillet; drain. Cool completely.

Toss lettuce with tomatoes, onions and cilantro in large bowl.

Add meat, dressing and lime juice; mix lightly.

Spoon onto tostada shells; top with cheese and avocados.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:4.393043514827%

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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 70.68kcal (3.53%), Fat: 3.65g (5.61%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.89g (1.42%), Sugar: 0.71g (0.79%), Cholesterol: 12.34mg (4.11%), Sodium: 82.08mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Vitamin A: 720.34IU (14.41%), Vitamin K: 10.78µg (10.27%), Zinc: 1.07mg (7.16%), Vitamin B12: 0.4µg (6.73%), Phosphorus: 64.75mg (6.48%), Vitamin B3: 1.18mg (5.92%), Vitamin B6: 0.12mg (5.83%), Selenium: 3.58µg (5.11%), Folate: 16.76µg (4.19%), Potassium: 142.46mg

(4.07%), Fiber: 0.93g (3.72%), Iron: 0.62mg (3.45%), Vitamin B2: 0.05mg (3.21%), Calcium: 32.09mg (3.21%), Magnesium: 12.01mg (3%), Vitamin C: 2.44mg (2.96%), Manganese: 0.05mg (2.64%), Vitamin B1: 0.04mg (2.57%), Vitamin B5: 0.21mg (2.14%), Copper: 0.04mg (2.06%), Vitamin E: 0.26mg (1.74%)