



Spice-It-Easy Taco Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup grape tomatoes halved
- 1 cup milk cheddar jack cheese shredded 2% mexican style kraft finely
- 0.3 oz. pkg. sizzling salads southwest chicken dinner kit kraft
- 1 lb ground beef lean
- 6 cups salad greens mixed

Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Add 1/4 cup KRAFT SIZZLING SALADS Zesty Fajita Cooking Sauce; cook and stir on low heat 1 min. or until meat is evenly coated.
- Place greens on platter; top with meat, tomatoes and cheese.
- Drizzle with 1/4 cup KRAFT SIZZLING SALADS Barbecue Ranch Dressing.
- Serve with additional 1/4 cup dressing.

Nutrition Facts

PROTEIN 43.46% **FAT 53.02%** **CARBS 3.52%**

Properties

Glycemic Index:16.25, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:22.121304201043%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 413.51kcal (20.68%), Fat: 23.91g (36.78%), Saturated Fat: 10.7g (66.87%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.12g (1.25%), Cholesterol: 143.06mg (47.69%), Sodium: 306.24mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.08g (88.17%), Vitamin B3: 11.12mg (55.62%), Zinc: 7.64mg (50.94%), Vitamin B12: 2.97µg (49.52%), Phosphorus: 475.61mg (47.56%), Selenium: 33.21µg (47.44%), Vitamin B6: 0.77mg (38.34%), Vitamin A: 1298.01IU (25.96%), Vitamin C: 20.04mg (24.29%), Calcium: 239.46mg (23.95%), Vitamin B2: 0.41mg (23.88%), Iron: 3.95mg (21.96%), Potassium: 726.7mg (20.76%), Vitamin B5: 1.47mg (14.7%), Magnesium: 55.97mg (13.99%), Folate: 42.35µg (10.59%), Copper: 0.18mg (8.94%), Vitamin B1: 0.12mg (8.04%), Manganese: 0.16mg (7.86%), Vitamin E: 0.78mg (5.22%), Vitamin K: 4.94µg (4.71%), Vitamin D: 0.41µg (2.73%), Fiber: 0.45g (1.79%)