



Spicy Dorito® Taco Salad

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



998 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 cups nacho cheese-flavored tortilla chips crushed
- 0.5 teaspoon chili powder
- 2 tablespoons cider vinegar
- 2 cups colby-jack cheese shredded
- 0.5 teaspoon garlic powder
- 1 pound ground beef
- 0.3 teaspoon ground pepper black
- 0.3 cup pickled jalapeño peppers chopped

- 0.5 cup catsup
- 1 head lettuce chopped
- 0.3 cup onion chopped
- 15 ounce kidney beans dark red drained and rinsed canned
- 1 envelope taco seasoning
- 1 tomatoes diced
- 1 cup vegetable oil
- 0.5 cup sugar white
- 1 tablespoon worcestershire sauce

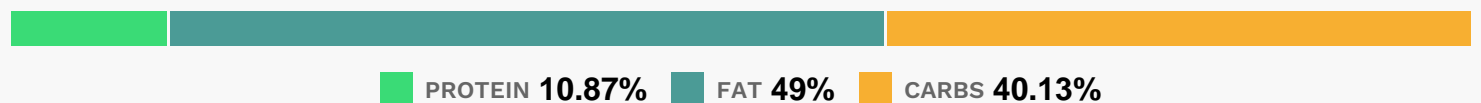
Equipment

- bowl
- frying pan
- whisk

Directions

- Cook ground beef, garlic powder, chili powder, and black pepper together in a skillet over medium heat until meat is brown and crumbly, about 10 minutes, breaking the meat up into chunks as it cooks.
- Drain excess grease, remove from heat, and let the meat cool.
- Toss lettuce, tortilla chips, Colby-Jack cheese, kidney beans, tomato, onion, and pickled jalapeno peppers in a large salad bowl; mix in the beef.
- Whisk vegetable oil, sugar, ketchup, taco seasoning, cider vinegar, and Worcestershire sauce together in a bowl until sugar has dissolved; pour dressing over the salad and toss again.

Nutrition Facts



Properties

Glycemic Index:30.74, Glycemic Load:9.62, Inflammation Score:-8, Nutrition Score:26.085217408512%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 998.31kcal (49.92%), Fat: 54.71g (84.16%), Saturated Fat: 14.12g (88.26%), Carbohydrates: 100.78g (33.59%), Net Carbohydrates: 89.9g (32.69%), Sugar: 18.43g (20.47%), Cholesterol: 57.29mg (19.1%), Sodium: 1429.7mg (62.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.61%), Phosphorus: 572.04mg (57.2%), Vitamin E: 8.47mg (56.48%), Fiber: 10.88g (43.53%), Calcium: 380mg (38%), Manganese: 0.74mg (37.1%), Zinc: 4.94mg (32.95%), Magnesium: 130.71mg (32.68%), Selenium: 20.2µg (28.86%), Vitamin K: 29.62µg (28.21%), Vitamin B6: 0.55mg (27.53%), Folate: 99.01µg (24.75%), Iron: 4.38mg (24.36%), Vitamin B2: 0.4mg (23.28%), Potassium: 763.8mg (21.82%), Vitamin A: 1080.98IU (21.62%), Vitamin B3: 4.08mg (20.42%), Vitamin B1: 0.31mg (20.4%), Vitamin B12: 1.19µg (19.83%), Copper: 0.3mg (15.16%), Vitamin B5: 1.29mg (12.87%), Vitamin C: 9.53mg (11.55%), Vitamin D: 0.2µg (1.36%)