



## Spicy Taco Salad

READY IN



30 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 lb ground beef 80% lean (at least )
- ☐ 3.3 cups water hot
- ☐ 1 box hawaiian rolls
- ☐ 3 teaspoons chili powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon sauce of the chicken from the turbo broiler
- ☐ 1 large clove garlic finely chopped
- ☐ 12 leaves the of 1 cos lettuce
- ☐ 1 cup tomatoes chopped

☐ 0.8 cup cream sour

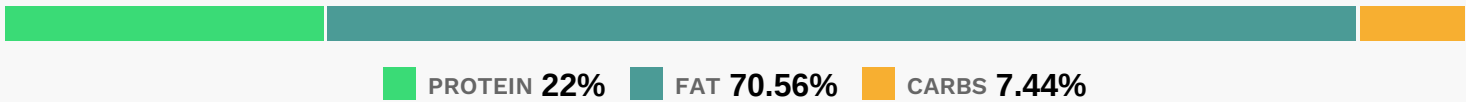
## Equipment

☐ 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 hot water, uncooked pasta and sauce mix (from Hamburger Helper box), chili powder, oregano, pepper sauce and garlic.
- ☐ Heat to boiling, stirring occasionally.
- ☐ Reduce heat; cover and simmer 5 minutes, stirring occasionally. Uncover and cook 5 minutes longer.
- ☐ Remove from heat; cool 5 minutes.
- ☐ Serve beef mixture on lettuce leaves.
- ☐ Sprinkle with tomato; top with dollop of sour cream.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:17.693913045137%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 267.41kcal (13.37%), Fat: 21.07g (32.42%), Saturated Fat: 8.76g (54.76%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 3.09g (1.13%), Sugar: 2.4g (2.66%), Cholesterol: 70.64mg (23.55%), Sodium: 95.34mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.57%), Vitamin A: 5562.96IU (111.26%), Vitamin K: 63.26µg (60.25%), Vitamin B12: 1.68µg (27.98%), Zinc: 3.49mg (23.29%), Folate: 87.75µg (21.94%), Selenium:

12.96µg (18.51%), Vitamin B3: 3.68mg (18.4%), Vitamin B6: 0.35mg (17.31%), Phosphorus: 168.24mg (16.82%), Potassium: 461.04mg (13.17%), Iron: 2.35mg (13.03%), Vitamin B2: 0.21mg (12.57%), Manganese: 0.16mg (8.02%), Fiber: 1.91g (7.63%), Calcium: 74.56mg (7.46%), Magnesium: 29.68mg (7.42%), Vitamin C: 6.07mg (7.36%), Vitamin E: 1.04mg (6.93%), Copper: 0.13mg (6.3%), Vitamin B1: 0.09mg (6.16%), Vitamin B5: 0.59mg (5.91%)